



It's about you

# HEALTHY LIVING CLASS SERIES 2023 SCHEDULE

OFFERED VIRTUALLY EACH MONTH ON TWO CONSECUTIVE WEDNESDAYS  
FROM 11 AM - 12 PM  
(NO CLASSES IN JULY OR DECEMBER)

**FREE - NO REFERRAL NEEDED**

## **2-Part Healthy Living Classes**

January 11th & 18th

February 1st & 8th

March 1st & 8th

April 5th & 12th

May 3rd & 10th

June 7th & 14th

No July Classes

August 2nd & 9th

September 6th & 13th

October 4th & 11th

November 1st & 8th

No December Classes

**PLEASE CALL DIABETES AND NUTRITION EDUCATION (DNE)  
TO CONFIRM YOUR SPOT  
530-672-7021**