



It's about you

HEALTHY LIVING CLASS SERIES 2022 SCHEDULE

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

FREE - NO REFERRAL NEEDED

3-Part Healthy Living Classes

January 12th, 19th, & 26th

February 2nd, 9th, & 16th

March 2nd, 9th, & 16th

April 6th, 13th, & 20th

May 4th, 11th, & 18th

June 1st, 8th, & 15th

No July Classes

August 3rd, 10th, & 17th

September 7th, 14th, & 21st

October 5th, 12th, & 19th

November 2nd, 9th, & 16th

No December Classes

**PLEASE CALL DIABETES AND NUTRITION EDUCATION (DNE)
TO CONFIRM YOUR SPOT**

530-672-7021