

# Healthy Lifestyles Class



- We will be providing a 4 week class for interested families!
- Classes will be taught by nutritionists, behavior health specialists and fitness trainers.
- Spanish Interpreting provided

## **Location:**

Salem Hospital  
Community Health  
Education Center (CHEC)-  
Building D

## **Do you want to learn more about...**

- Healthy Nutrition for yourself and your kids?
- How to encourage your kids to eat healthy food?
- How to encourage your kids to get more exercise?



## **To sign up for the Healthy Lifestyles class:**

Sign up at the Community Health Education Center (CHEC) or call 503-814-2432  
Cost: **FREE**