

# 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?



Healthy Lifestyles Registration

April 2018

Mondays 6:30-8pm

4/02, 04/09, 04/16, 04/23