



FREE WEEKLY HEALTH CLASSES

UNDERSTANDING YOUR HEALTH

JANUARY: WEIGHT LOSS

FEBURARY: ASTHMA

MARCH: QUIT SMOKING

APRIL: HYPERTENSION

MAY: TYPE 2 DIABETES

JUNE: HIGH CHOLESTEROL

JULY: WEIGHT LOSS

AUGUST: ASTHMA

SEPTEMBER: QUIT SMOKING

OCTOBER: HYPERTENSION

NOVEMBER: TYPE 2 DIABETES

DECEMBER: HIGH CHOLESTEROL

EVERY WEDNESDAY AT 6 PM

CLASSES ARE LOCATED AT:

325 EAST 600 SOUTH

SUITE 200

PRESTON, ID 83263

***NEXT TO BOMGAARS AND RODEO MOTORS**