



# Health and Wellness Program



## Free Program Includes:

- Health Education Classes
- Nutrition (What does your plate look like?)
- Cooking Classes
- Track Weight Loss & BMI
- Change Lifestyle Habits
- Learn to Eat Healthy
- In-person and virtual meetings on Zoom

## Based on 8 Principles of Health

 Choice	 Rest	 Environment	 Activity
 Trust in God	 Interpersonal Relationships	 Outlook	 Nutrition

*Live Life to the Fullest*  
 April 26, 2022 - August 16, 2022



*Register Today*

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