

# FREE VIRTUAL HEALTHY LIVING COURSE



**Learn how to live a healthier life with improved wellness. Topics covered in the class include:**

- **Setting Goals**
- **Problem Solving**
- **Managing Symptoms**
- **Healthy Eating**
- **Stress Management**
- **Advocating For Your Health**

**This six week class is free to all participants and is being offered virtually on Zoom.**

**Tuesdays from 10 a.m. - 12:30 p.m.**

**beginning on July 12 - August 16, 2022**

**Enrollment is now open. Space is limited.**

**To sign up call (707) 412-3176 x102**

**or email [info@mendonomahealth.org](mailto:info@mendonomahealth.org)**

**MENDONOMA HEALTH**  
— ALLIANCE —