



It's about you

HEALTHY LIVING CLASS SERIES 2024 SCHEDULE

OFFERED VIRTUALLY EACH MONTH ON TWO CONSECUTIVE WEDNESDAYS
FROM 11 AM - 12 PM
(NO CLASSES IN JULY OR DECEMBER)

FREE - NO REFERRAL NEEDED

2-Part Healthy Living Classes

January 10th & 17th

February 7th & 14th

March 6th & 13th

April 3rd & 10th

May 1st & 8th

June 5th & 12th

No July Classes

August 7th & 14th

September 4th & 11th

October 2nd & 9th

November 6th & 13th

No December Classes

**PLEASE CALL DIABETES AND NUTRITION EDUCATION (DNE)
TO CONFIRM YOUR SPOT
530-672-7021**