



OPERATION HEALTHY LIVING

If you want help improving your life & well-being - ENROLL TODAY!



QUALITY EDUCATION

- Physical Fitness
- Nutrition
- Stress Reduction
- Healthy Habits



CUSTOMIZED TOOLS

- Goal Setting
- Finding Motivation
- Healthy Decision Making
- Improve Energy Levels



INDIVIDUAL SUPPORT

- Care Team Involvement
- Behavioral Counseling
- Disease Management
- Accountability

**Class held on line virtually - Twice Monthly
Thursdays from 1300-1430**

All classes are facilitated by a Nurse Health Educator.

**Our goal is to help you improve your quality of life.
To register or for more information call (619) 532-7764**

