

Health & Wellness

Take Control



FREE Health & Wellness Workshop

WHERE

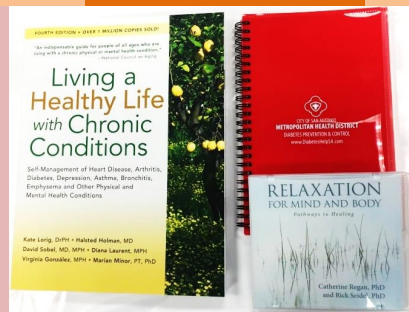
West Avenue Compassion
10715 West Ave 78213

WHEN: Tuesday
10:00am
March 26, 2019

Starting

*Classes meet once a week
for 6 weeks*

March 26, April 9, 16, 23
May 14, 21



Class materials include

Healthy Living book,
relaxation CD, and journal
*Materials will also be
available in Spanish*

Children are welcomed!

**For more information,
please call Metro
Health:
(210) 207-8802**

The 6-week Health & Wellness Program is an evidence-based workshop developed at Stanford University

TOPICS INCLUDE:

- Healthy eating
- Physical activity
- Action planning
- Solving problems
- Relaxation techniques
- Working with your doctor
- Depression
- Sleep

AND MORE!

chronic pain
stress
heart disease

pre-diabetes

high blood pressure

sleep

asthma

cancer

www.DiabetesHelpSA.com

