

TAKE CHARGE OF YOUR HEALTH AND SAFETY!

WHAT: A Series of Classes Offered by WVU Extension

WHERE: Williamsburg Community Building

WHEN: Every Thursday in May
(May 3, May 10, May 17, May 24, May 31)

TIME: 6:00 p.m.



THIS WILL BE A SERIES OF CLASSES DESIGNED FOR ADULTS INTERESTED IN LEARNING ABOUT HEALTH AND SAFETY. SOME TOPICS INCLUDE:

REMAINING ACTIVE FOR LIFE

LIVING ALONE AND BEING SAFE

TAKING CHARGE OF YOUR HEALTH BY FOCUSING ON:

HEALTHY EATING, HEART HEALTH,

ARTHRITIS, DIABETES, FALL PREVENTION

AND OTHER TIPS FOR HEALTHIER LIVING

PARTICIPANTS WHO ATTEND ALL CLASSES WILL BE ELIGIBLE FOR PRIZE DRAWINGS TO BE CONDUCTED DURING THE LAST CLASS SESSION ON
MAY 31, 2018!

THIS CLASS IS BEING SPONSORED BY THE WILLIAMSBURG COMMUNITY ACTION THROUGH A GRANT FROM THE GREENBRIER COUNTY HEALTH ALLIANCE.