



Put **LIFE**
Back in Your Life

I was **tired**. I **hurt** all the time. It felt like my health problems were telling me what I could and couldn't do. Healthier Living workshops put me **back in charge**.

Now I have the energy to do the things that matter. I've put **LIFE** back in my life.

Time: Mondays at 10am

Dates: Feb. 27; March 6, 13, 20, 27; April 3, 10,

Location: Redondo Beach Main Library

For more information, call Tara Guden
at 310-374-3426, ext. 120 or visit
bchd.org/classes-workshops

