

## Healthy Choices

We welcome all members of the community to participate in our Healthy Choices classes. Each class is designed to educate and provide the skills to support sustainable, health-improving behavior change. Our team of physicians, nurses, dietitians and health coaches will offer lectures, interactive workshops and health coaching. Some of the topics will include:

- Tips to improve weight control
- Disease prevention and management including:
  - High blood pressure
  - High cholesterol
  - Diabetes
  - Heart disease
- Healthy Cooking 101: cooking demonstrations, healthy meals, sweets and holiday recipes
- Nutrition education, label reading and tips for eating out
- Stress management

**Meets the second Monday of each month at 5:30 pm**

800 Lower Sacramento Rd.  
Education Department Dining Room

***To register, call Jill Borth at (209) 333-3044***