



**SUBSCRIBE TO THE SCHC  
YOUTUBE CHANNEL**

**UPDATED WEEKLY WITH  
CONTENT TO HELP KEEP YOU  
AND YOUR FAMILY HEALTHY**



### *Wellness Yoga*

Choose from a variety of 1-hour, instructor-led sessions. Low impact and great for any skill level.



### *Story Time*

Join SCHC staff members every week, where they read your favorite children's books. Educational and fun for the whole family.



### *Cooking Classes*

Have fun in the kitchen and learn new healthy recipes with Chef Scott! Instructional videos, aimed to teach how to make quick and healthy meals.



### *Mindful Meditations and More!*



@shastahealth