Shasta Community Health Center
a californiahealth+ center

HEALTHIER LIVING WORKSHOP

Are you interested in learning new skills to better manage your health?

JANUARY 15 - FEBRUARY 19

THURSDAYS 1:00 PM - 3:30 PM

Enterprise Family Health & Dental Center
1201 Industrial St. Redding CA, 96002

Join us for an interactive & inspiring workshop that provides tips on managing pain, healthy eating, and exercise!

QUESTIONS? CALL 530-229-5115

Participants who attend 4 or more sessions will receive a new crockpot or blender!