

Join us for laughter and
good health!



Your PATH to Living a Healthy Life

PATH (Personal Action Towards Health)



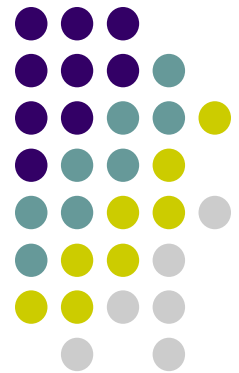
**Classes are coming soon to the
Andahwod Senior
Center
Lunch & Snacks Provided
Bring a friend or loved one and
receive a special prize!**

**Thursdays Noon—3:00p.m.
Starting January 7th
Lunch & Snacks
Provided
Share & Learn from each other!**

***Raffles and prizes**

- *Participants may be accompanied by family, friend, or caregiver.**
- *Programs meets for 3 hours once a week for 6 weeks with lunch and snacks provided.**
- *Be Social & Learn from each other**
- *Classes are fun and interactive. Participants share their successes and build a common source of support.**

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**To
register
or get more
information
contact
Leah at
775-4639
or
Tammy at
775-4612**

**This program is
especially
helpful to
help you
manage:**

**Diabetes,
Heart disease
COPD
Arthritis
Asthma
Stress
and much
more!**