

Better Together

♥ We Can

Eat Healthy

Join us for **Healthy Eating for a Healthy Life!** Meet to share what you are doing for your healthy eating lifestyle or network with others to get information on healthy eating. Whether you are doing Weight Watchers, TOPS, sugar free living, THM, counting calories, or some other eating plan, or looking for a healthy eating plan, come get support and give support to others.

- Get support, encouragement and motivation
- Learn what others are doing for healthy eating plans
- Set a goal and celebrate your success with others as much or as little as you are comfortable:
- Weight loss
- Inches lost
- Healthy eating for wellness goals
- Share your healthy recipes and tips for success
- Share ideas for getting through the times when you don't feel motivated
- Ideas for healthy eating through the holidays

Wednesdays at Albert & Woods building, 11:00 AM to noon.

- **August 30 - Room 115**
- **September 6 – Room 116**
- **September 13 – Room 116**
- **September 20 – Room 115**
- **September 27 – Room 116**
- **October 4 – Room 116**
- **October 11 – Room 116**
- **October 18 – Room 115**
- **October 25 – Room 116**
- **November 1 – Room 116**



*Classes are open to SCCMHA staff members, consumers and the SCCMHA provider network workforce.
Questions about this class? Please contact Dawn Heje at 797-3451.*