

Healthy Living *Group*



Starts July 11th 4:30 to 5:30 pm
Warner Wellness Center



Lifestyle
Exercise
Attitude
Nutrition



Led by a certified health coach and based on Dr. Sears scientifically proven plan for healthy aging, this yearlong program will guide you and support you through the process of practicing a new, healthier way of living.



**To register, call 217-935-9571
ext. 3457 or email us at
events@warnerhospital.org**