



Get Ready for a *Fresh Start!*

Learn Your 4 for More Healthy Habits!

- ***Find Better Health!*** Learn how to prevent, arrest and reverse chronic lifestyle related disease such as: •Heart attacks and strokes, •Type 2 diabetes, •Many common cancers, •Many other illnesses!

Where? When? How Much?

- **Noble County Health Department**, Thursdays 12:30-2:00 PM, January 26 - March 30, 2023
- **\$50** for the entire series, which includes lab work before and after the class series, food samples and educational material.
- **Free to:** •MHS employees and their spouses, •Primary Care First participants, •Discounted for those with a coupon.

Attend a free info session Dec 8, 12:30

Registration Required!

Contact Us!

- Email: livememorialwell@mhsystem.org
- Call: (740) 592-4229

Use the QR Code below for more information and to register:



**MEMORIAL
HEALTH SYSTEM**

