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

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