Healthy Holidays Workshop

Trying to improve your eating and exercise habits?

Nervous about the upcoming holidays?

Attend this workshop designed to help you keep the “Healthy” in your Holidays!

Friday, November 2, 2012

2 Sessions Only!

7:30am – 8:30am

AND

12:00pm – 1:00pm

Saint Joseph’s Hospital
Classrooms 2 - 3

Click HERE to register for 7:30am session

Click HERE to register for 12:00pm session.