



# Your Health Matters!

*Take Charge of Your Health*

## Free Educational Workshops in Glades, Hendry, Okeechobee and Palm Beach Counties

Learn more about:

- Local health care resources and services
- Health insurance
- Staying Healthy
- Getting the most out of your doctor visits
- Safe use of medications
- Good nutrition

<b>Who?</b>	<b>Everyone is Welcome!</b>
<b>What?</b>	<b>Fun Educational Workshop! It's a workshop, but it's not work!</b>
<b>Where?</b>	<b>West County Senior Center</b> 2916 State Road, # 15, Belle Glade, FL 33430
<b>When?</b>	<b>Held each week for five weeks: March 29<sup>th</sup>, April 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, &amp; 26<sup>th</sup></b>
<b>Time?</b>	<b>12:30 – 2:00 pm</b>

Each workshop consists of 4-6 sessions with up to 15 participants. Healthy snacks, giveaways and *Certificates of Completion* included. Participants can expect a lively, practical and content-rich workshop to help make informed health-related decisions. For dates, times, and locations call 561-844-4220 ext. 1600 or 863-532-3099.



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