

YOUR HEALTH MATTERS

Health literacy is the ability a person has that helps them find, manage, understand, and use basic health information and services needed to make appropriate health decisions.

Florence Fuller Child Development Center

200 NE 14th Street,

Boca Raton, FL 33432

January 8, 15, & 22 @ 5:30-7:00 pm

Call (561) 391-7274 to register

Palm Beach County Library System- Main Library

3650 Summit Blvd.,

West Palm Beach, FL 33406

January 11, 18, 25 @ 10:30am- 12:00 pm

Call (561) 233-2600 to register

Healthier Jupiter

1335 W. Indiantown Road, Suite B.,

Jupiter, FL, 33458

January 14, 21, 28 @ 6- 7:30 pm

Call (561) 263-7579 to register

BRIDGES at West Palm Beach

720 8th Street,

West Palm Beach, 33401

February 10, 17, 24 @ 6-7:30 pm

Call (561) 804-6754 to register



Local health, social, and human resources



Health insurance



Get the most out of your doctor visits



Staying healthy



Safe use of medications



Good nutrition & healthy eating

