

FREE VIRTUAL WORKSHOP

Your Health Matters: A Health Literacy Workshop Series



- All adults (18+) are welcome
- 3 weekly 1 and 1/2 hour sessions
- **Learning topics include**
 - Safe use of medications
 - Understanding Opioids
 - Preparing for doctor visits
 - Health insurance
 - Staying healthy
 - Nutrition

Join us on Zoom

<https://bit.ly/3rGfk5z>

OR by phone

929 205 6099

Meeting ID: 889 2480 3174

Passcode: 479 019



Plan to attend all 3 sessions

10:00 - 11:30 AM

WEDNESDAYS MAY 5, 12, & 19

★ **NEW: COVID-19 & Telehealth**

CALL/TEXT TO SIGN UP

772-634-4552 | 863-532-3059

TPARRISH@LORHN.ORG



(888) 880-8242 EXT. 7



LORHN.ORG



@LORHN1

SERVING HENDRY, GLADES, OKEECHOBEE, & WESTERN PALM BEACH COUNTIES