

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**
 - Local services and resources
 - Safe use of medications
 - Preparing for doctor visits
 - Health insurance
 - Staying healthy
 - Nutrition
- ★ **NEW: COVID-19 & Telehealth**

Join us Wednesday mornings

September 16, 23, & 30
Time: 10:00 am - 11:30 pm

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