

TIME TO LIGHTEN UP & LIVE



This interactive workshop provides participants with a wealth of nutritional knowledge including weight management, balanced eating, meal planning, shopping tips, and goal setting. Activities include practicing physical fitness, sampling healthy food, and taking field trips.

**Meets on Tuesdays
10:30 AM-12:00 PM**

**WELLNESS & RECOVERY ROOM
307 W. Chicago Rd.
Suite #260
Sturgis, MI 49091**

Questions? Contact Rebecca at (269) 467-1001, x.363

Brought to you by the Wellness & Recovery Team of CMHSAS of St. Joseph County