

# Free Virtual Wellness Classes

Wellness Education that Lasts a Lifetime

8 Week Course

Every Thursday

Jan. 6, 2022- Feb. 24, 2022

4:00pm-5:00pm

Call (909) 864-1097 ext. 4764 to sign up or  
for more information.

Brought to you by RSBCIHI Nutrition  
Department, open to ALL clinics.



**Small changes, Big impact!**