



Free Virtual Wellness Classes

Wellness Education that Lasts a Lifetime

4 Week Course Pt.1

Thursdays

January 8, 15, 22, 29, 2026

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!