



# LIVE YOUR HEALTHIEST LIFE NOW!

**Take 10 hours and a few classes and  
feel better this fall!**

**De-Stress\* Eat Healthy\* Move More\* Quit Smoking**

**Gift Cards for completing classes! Snacks!**

**When:** Thursdays, September 5<sup>th</sup> - November 7<sup>th</sup>

**Time:** 10:00 a.m. – 11:00 a.m.

**Where:** Central Resource Library

9875 W. 87<sup>th</sup> Street, Overland Park, Kansas

**Register:** 913-715-7880 or

<https://connect.jocogov.org/healthy-life-classes>

JOHNSON COUNTY  
KANSAS  
Health & Environment

JOHNSON COUNTY  
KANSAS  
Mental Health

## Live Your Healthiest Life Classes

**10 FREE CLASSES TO  
A NEW YOU!**

SEPTEMBER 5

WHY AM I SO STRESSED?

SEPTEMBER 12

MIND, BODY, SPIRIT

SEPTEMBER 19

FUEL YOUR BODY

SEPTEMBER 26

SALAD BAR IN YOUR FRIDGE

OCTOBER 3

MOVING TOWARDS HEALTH

OCTOBER 10

EXERCISE- A LITTLE DOES A LOT

OCTOBER 17

THE TRUTH ABOUT TOBACCO

OCTOBER 24

CAN I STOP? YES!

OCTOBER 31

READY GO-FIRST STEPS

NOVEMBER 7

STAYING QUIT

- COME TO ANY OR ALL  
CLASSES

- DROP-INS WELCOME  
ANY TIME DURING  
THE CLASS SERIES

- EVERYONE IS  
WELCOME!