



**LIVE YOUR  
HEALTHIEST LIFE!  
10 FREE CLASSES  
TO A NEW YOU!**

Take 10 hours and feel better in 2019!  
De-Stress~Eat Healthy~Move More~Quit Smoking  
Gift Cards for completing classes! Snacks!

**WHEN: THURSDAYS APRIL 4-JUNE 6**

**TIME: 10:00-11:00 AM**

**WHERE: CENTRAL RESOURCE LIBRARY**

**9875 W. 87TH STREET, OVERLAND PARK, KANSAS**

**REGISTER: 913-715-7880**

**[CONNECT.JOCOGOV.ORG/HEALTHY-LIFE-CLASSES](http://CONNECT.JOCOGOV.ORG/HEALTHY-LIFE-CLASSES)**

**APRIL 4-STRESS-DEFINE IT, DEAL WITH IT**

**APRIL 11-MAKING THE CONNECTION-MIND, BODY, SPIRIT**

**APRIL 18-FUEL YOUR BODY**

**APRIL 25-SMALL, AFFORDABLE MEALS-COOKING WITH KAREN**

**MAY 2-MOVING TOWARDS HEALTH**

**MAY 9-EXERCISE-A LITTLE DOES A LOT**

**MAY 16-THE TRUTH ABOUT TOBACCO AND VAPE**

**MAY 23-CAN I STOP? YES!**

**MAY 30-READY GO! FIRST STEPS**

**JUNE 6-STAYING QUIT**