



**Did you know that we have
Health Education and Exercise Classes online?**

Self-Management Classes:

- *Managing CHF*
- *Managing COPD*
- *Diabetes Basics*
- *Healthy Heart*
- *Getting Ready for Spine Surgery*
- *Getting Ready for Joint Replacement*
- *Getting Ready to Quit - Smoking Cessation*
- *Baby And Me*
- *Healthy Weight for Life*
- *Living Well with Arthritis*

Exercise Classes:

- *Exercise for Arthritis*
- *Strength Training*
- *Kickboxing*
- *Cardio Weights & Bands*
- *Stability Ball*
- *Sit & Stretch*



**Ask us how you can enroll!
Health Education Department
661-951-3375
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