

# Get Healthy with

# HEALTHY LIFESTYLES

# 10-WEEK WORKSHOP SERIES

LCCC Elyria

10:00 – 11:30 am

Weekly sessions start FRIDAY, January 25 running thru April 5, 2019

What is a Healthy Lifestyle?

Learn how to take steps towards a healthier you

- \* Discover Who You Are and What’s Important to You
- \* Stay Active for your Emotional & Social Health, Stress Management, and Self-Acceptance
- \* Healthy Eating & Snacking to help Prevent Illness
- \* Dream & Make it Happen by Choosing SMART Goals and Creating a Game Plan



**Register:** Fill out the form below and return to Accessibility Services or register online at [LEAP/HealthyLifestyles](http://LEAP/HealthyLifestyles)

**Questions?** Contact Cheryl Gorham at [ilservices@leapinfo.org](mailto:ilservices@leapinfo.org) or call (216) 696-2716

*This program is funded in part by the Community Foundation of Lorain County and hosted by LCCC’s Accessibility Services and the Center for Lifelong Learning.*

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## Healthy Lifestyles (10-week workshop) Registration

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_