



## **THE WHOLE-BODY APPROACH TO DISEASE PREVENTION SERIES**

**FEBRUARY 12 TO APRIL 16, 2019**

### **Free Classes!!!**

You are invited to come and learn how to start living a healthier lifestyle. This 10-week class series focuses on healthy eating, movement and self-care for a healthier YOU! If you have a history of heart disease, diabetes, or high blood pressure in your family, or if you just want to learn new ways for becoming healthier, this class series is for YOU! As a bonus, we'll have four interactive cooking sessions, weekly raffles and each family will receive a case of fresh produce, from the Northern Illinois Food Bank, to take home after each class! The class will be taught by Registered Dietitian, Cheryl Reining. Don't miss this excellent opportunity!

**New year, new  
healthier YOU!**

**An excellent 10-  
week series  
focusing on  
making healthy  
changes.**

**Ages 14 – 90**

**Weekly raffles!  
Box of fresh  
produce each  
class!!!**

**4 Interactive  
Cooking sessions!**

**WAYNE TOWNSHIP  
FOOD PANTRY**

27W031 North Avenue,  
West Chicago IL  
630-231-7173

**Tuesday's  
6:30 – 8:00 PM**

