



SMART CHOICES

Here's to Your Health!

Healthy Lifestyles & Wellness Show

A "Lunch-n-Learn" hosted by
LACCD Total Wellness Program

Co-sponsored by Kaiser Permanente & United Healthcare

Topic: "Healthy Eating Tips"
Date: Wednesday, August 2, 2017
Time: 12:00 Noon - 1:30 PM
Place: West LA College / SSB 414

Topic: "Managing Your Blood Pressure"
Date: Tuesday, August 15, 2017
Time: 12:00 Noon - 1:30 PM
Place: ELAC / Auditorium Foyer

*Attend in-person to get your "Get Healthy Goodies"!
Salad Bar provided immediately after the presentation*

Note: To receive 25 points toward the "Put Fire to Your Feet" Summer Wellness Challenge, you must complete the questionnaire available at the lunch-n-learn or online at PreventionCloud.com

