

# Living Well in 2017



Need more information on how to stay healthy in 2017?

Want to keep those New Year health goals?

Don't know where to go to get CORRECT information?

**Join us for a free session on living well in the new year.**

The program will include:

- Tips for healthy eating
- Child health
- Oral health
- Vaccine Facts
- Tips on how to not get sick this winter
- Guide to local resources
- Tobacco cessation tools

Each participant will receive a **free wellness kit** that includes:

a first aid kit, a digital thermometer, two books and  
a children's battery powered toothbrush (a \$55.00 value)

**RSVP to reserve your space at one of the two sessions**

Child care will be provided, please inquire when RSVPing

**February 6th, 6 pm -7:30 pm**

East Flagstaff Community Library- 3000 N 4th St

or

**February 11th, 12:30 pm- 2 pm**

Flagstaff Downtown Library - 300 W Aspen Ave

Contact Claudine at **(928) 213-2380** to RSVP or with questions.