



LITERACY VOLUNTEERS
OF COCONINO COUNTY



NORTH COUNTRY
HealthCare

ABC'S OF HEALTHY LIVING

FREE HEALTH CLASSES



Class #1

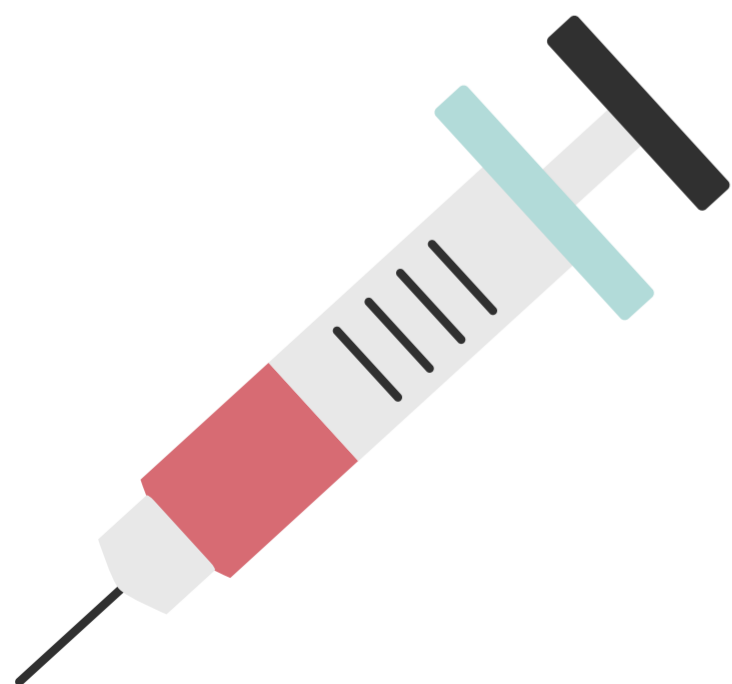
Where to go for healthcare and how to pay for it **Wednesday, Oct. 24**



Class #2 Understanding your medication
Wednesday, Nov. 7

Class #3 Making the best of your doctor visit
Wednesday, Nov. 14

Class #4 Healthy Meals on a Budget
Wednesday, Nov. 28



6PM-7:30PM

**HOSTED AT THE LITERACY CENTER
2500 N ROSE STREET #102 FLAGSTAFF, 86004
928-556-0313**

FREE FOOD & GIVEAWAYS PROVIDED!



ABC'S OF HEALTHY LIVING

CLASES GRATIS DE SALUD

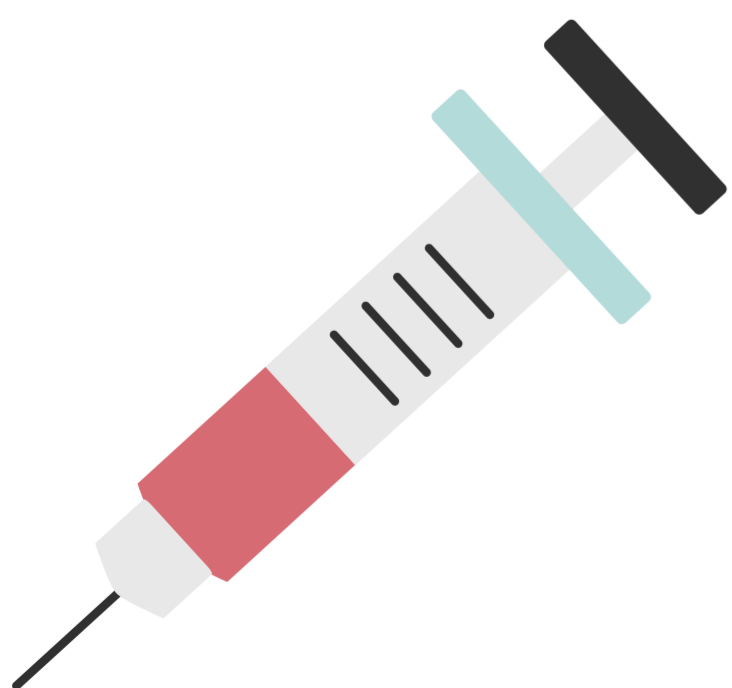
Clase #1 Dónde ir para el cuidado de la salud y cómo pagarlo **Miércoles, Oct. 24**



Clase #2 Entendiendo tu medicación **Miércoles, Nov. 7**

Clase #3 Haciendo lo mejor de su visita al médico **Miércoles, Nov. 14**

Clase #4 Comidas saludables en un presupuesto **Miércoles, Nov. 28**



6PM-7:30PM

**EN EL THE LITERACY CENTER
2500 N ROSE STREET #102 FLAGSTAFF, 86004**

928-556-0313

COMIDA GRATIS Y REGALOS PROVISTOS!