

Lifestyle: A Healthy Eating Workshop

Do you have difficulty maintaining a healthy diet? Are you ready to start living a healthier lifestyle *and* succeed? If so, this free 6-week workshop is for you. Adopting a healthy lifestyle can be difficult but not impossible. Learn how to modify your behaviors, reach your goals, and develop healthy eating skills in a supportive and practical way. The workshop will include goal setting, skill-building, tackling triggers, and more.

**Tuesdays, April 30 through May 28
7 - 8:30 p.m.**

**Fair Lawn Community Center
10-10 20th Street, Fair Lawn**

This program is free and open to Fair Lawn residents. Registration is required. For more information or to register, please call 201-291-6090.



This program is sponsored by The Valley Hospital, Fair Lawn Health Department, Fair Lawn Green Team, and Mayors Wellness Campaign.



Mayors Wellness Campaign
Put your community in motion.

The Valley Hospital
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