



6 Session Health Education Program

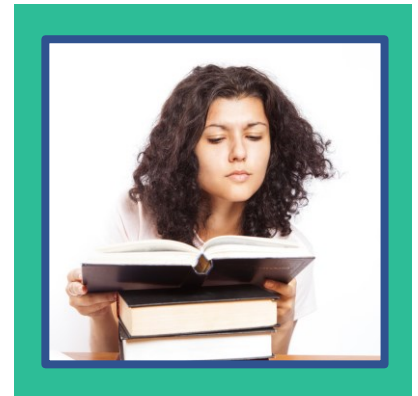
All classes held in **conference room 304** at
1295 W. Fairfield Drive Pensacola, FL 32501

Time: 1:30 to 2:30 PM

11/19/2019	Setting goals
12/3/2019	Nutrition
12/17/2019	Physical activity
1/7/2020	Stress management
1/14/2020	Health care
1/21/2020	Health information

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