



## HEALTHY LIFESTYLE

# HEALTH TIPS FOR YOU!

*Take care of your body and your body will take care of you. Learn how eating the right foods, exercising, proper hygiene, and seeing your doctor annually for wellness checkups can help you maintain a healthy lifestyle!*



**\$25 Gift Cards will  
be given to each  
youth that attends!**

## VIRTUAL WORKSHOP

## WEDNESDAY

January 18<sup>th</sup>  
6:00pm – 7:30pm

Use this Zoom link or  
scan to log on:

[tinyurl.com/ILPWS22](https://tinyurl.com/ILPWS22)



**Register NOW!**

**Call, Text or Email:  
Glenda**

**(650) 513-0923**

[glendac@clcpartnership.org](mailto:glendac@clcpartnership.org)