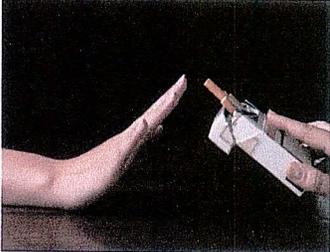
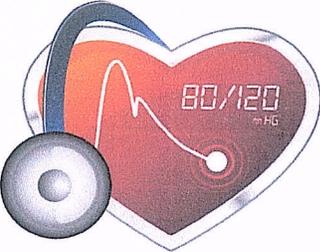
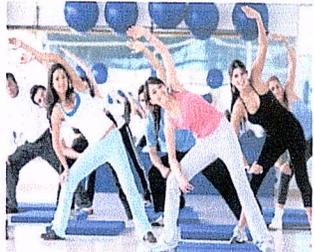


# BHRS Total Wellness Events: August 2014

	<p><b>Total Nutrition</b></p> <p>Central County: Tue, Jul.22 - Aug.26 11-12:30pm, Rm A55</p> <p>South County: Mon, Jul.21 - Aug.25 9:30-11am, Rm 100</p>		<p><b>Cooking with Ease</b></p> <p>Central County: Tue, Aug.5 &amp; Aug.26 12/12:30-1:30pm, Multipurpose Room</p> <p>South County: Mon, Aug.4 &amp; Aug.25 10:30/11-12 noon, Rm 301</p>
<p><b>Ash Thinkers</b></p> <p>South County: Tue, Jul.22 - Aug.26 2-3pm, Rm 301</p>		<p><b>Well Body Group</b></p> <p>Central County: Wed, Jul.23 - Aug.13 2:30-3:30pm, Rm A55</p>	
	<p><b>Stretching &amp; Walking at Cordilleras</b></p> <p>Every Friday, 12:30-1:30pm at Cordilleras Suites</p>		<p><b>Monthly Health Class</b> <b>High Blood Pressure: What Can You Do about It?</b></p> <p>Central County: Wed, Aug.13 1:30-2:30pm, Rm A55</p> <p>South County: Wed, Aug.13 11-12 noon, Rm 301</p>
<p><b>Walking Group</b></p> <p>Central County: Every Wednesday, 12:30-1:30pm</p> <p>South County: Every Tuesday, 12:30- 1:30pm</p>		<p><b>Indoor Movement</b></p> <p>Central County: Every Monday, 11-12 noon, Rm A51</p> <p>South County: Every Friday, 11-12 noon, Rm 100</p>	
	<p><b>Ash Kickers</b></p> <p>TBD</p>		<p><b>Diabetes Class</b></p> <p>TBD</p>

**To enroll in Total Wellness, please contact**

Central County: Julie Monheit, RN, MS at 650-573-3505

South County: Juliana Bursten, RN, MN at 650-363-4112 ext.201