

Healthy Habits for Adults



Don't Be an April "Fool"!

And "fool"ishly miss the opportunity to be a volunteer facilitator, inspiring older adults to improve their health & enhance their lives! Join our team of volunteers to teach *Healthy Habits for Adults*

Making small changes in our lifestyle habits and food choices can reap BIG rewards.

Healthy Habits for Adults is a one-hour class that is fun and interactive, promoting healthy, active living. The curriculum, covering ten meaningful topics, is taught by volunteers individually or as a series each month throughout the metro Richmond area.

Join the Health Habits Team and RSVP no later than Friday, April 21 to take the Train the Trainer class.

**Healthy Habits for Adults
Train the Trainer Class:
Friday, April 28, 8:30 am- noon
Jewish Family Services
6718 Patterson Avenue
Richmond 23226
804-282-5644
Breakfast snack will be served**

**For additional information and reservation to attend, contact:
Linda Rubin: lrubin@youraaa.org
804-822-3561**



Anthem Blue Cross and Blue Shield Foundation

agewellva.com/oasis-healthy-habits

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