

Presented by BGV Gives and BGV Wellness



HEALTHY LIVING SERIES

17
JULY

MANAGING STRESS FOR OPTIMAL HEALTH

Did you know that stress is the number one cause of disease in the body? Learn useful strategies to recognize and manage your stress.
5:30-6:30pm-BGVCC

KNOW YOUR NUMBERS

Frustrated by overwhelming and sometimes contradictory health information? Gain knowledge about your most important health numbers with this workshop.
5:30-6:30pm-BGVCC

21
AUGUST

FROM STORE TO STOVE

Eating at home doesn't just save you money— it also is good for your health. Learn to develop a plan to prepare nutritious and satisfying meals at home.
5:30-6:30pm-BGVCC

18
SEPTEMBER

- * Snack boxes will be provided
- * Evening sessions are open to community members
- * Registration required-space is limited
- * Registration and more information to follow

SAVE
THESE
DATES