

# BE HEALTHY.

2018

## Wellness Education Classes

**Tuesday, January 16:  
Cervical Health**

**Tuesday, July 24:  
Child Safety**

**Monday, February 12:  
Heart Health**

**Wednesday, August 1:  
Travel Immunization**

**Thursday, March 22:  
Colorectal Health**

**Tuesday, September 18:  
Prostate & Men's Health**

**Mondays, April 2 & 30:  
Weight Management**

**Wednesday, October 3:  
Breast Health**

**Wednesday, May 16:  
Smoking Cessation**

**Monday, November 12:  
Medication Management**

**Thursday, June 7:  
Dental Health**

**Monday, December 3:  
Nutrition**

**Classes are held from 10AM - 11AM and 6PM - 7PM.**

Come for one or come for all! Educate yourself about 12 topics and learn 12 ways to be healthier in 2018.



**TENDERCARE CLINIC WELLNESS CENTER  
1040 PARK DRIVE GREENSBORO, GA 30642**



**Call 706-534-6640  
to register.**