

# TAKE THE FIRST STEP TOWARD A HEALTHIER YOU



## Physical Healthy Living & Wellness Training

Join us for an inspiring and interactive session designed to empower you with practical tips, tools, and strategies to prioritize health and wellness in your daily life, embracing a healthier lifestyle while supporting your overall well-being!

Friday, January 17, 2025

10:30 am - 12:00 pm

Jurupa Valley Resource Center  
8300 Limonite Ave., Suite F  
Jurupa Valley, CA 92509



To register please, contact  
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