

Wellness Education Classes

HEALTHY NUTRITION CLASS:

Every First Wednesday of the Month

11:00am to 12:00 pm at WFC

With Heather R.D.

2723 East Main St at CMHS WFC



INSTRUCTOR:
HEATHER GILLIAM
CMHS REGISTERED
DIETITIAN

CARB SMART CLASS:

Every Second Wednesday of the Month

11:00 am to 12:00 pm with Melissa R.D.

2723 East Main St at CMHS WFC



INSTRUCTOR:
MELISSA DAVIDSON
CMHS REGISTERED
DIETITIAN

WEIGHT MANAGEMENT CHECK IN & SUPPORT GROUP

Every Fourth Wednesday of the Month

11:00 to 12:00 pm with Melissa R.D.

2723 East Main St at CMHS WFC

Classes are for CMHS HealthAware and WFC members at no cost

Wellness & Fitness Center



Community Memorial Health System