

# HEALTHY LIVING ON A BUDGET!

FREE Weight-Loss Class Series  
Every Wednesday  
EVERYONE IS WELCOME!

**5:15 pm-7:15 pm**

LCTHC Patient Education Room

Wed., March 15 (Class 1)

Wed., March 22 (Class 2)

Wed., March 29 (Class 3)

Wed., April 5 (Class 4)

**You'll learn healthy habits,  
weight-loss tips and  
easy cooking on a budget  
in just 4 weeks!**

This class is for all skill levels.  
Snacks will be provided.

For more information contact Whitney:

**(818) 862-8478**



**Lake County Tribal Health**

Modern Medicine  *Personalized Care*

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