

Join Our Adult Healthy Living Class



Learn how small changes in your daily habits can help you live healthier and feel better.

Find out how to:

- ✓ Plan healthy and affordable meals
- ✓ Understand food labels
- ✓ Start a daily fitness routine
- ✓ Set goals for weight, health and wellness

This class is open to all adults at no cost.

Sign up for the next
Adult Healthy Living class



<https://bit.ly/healthylivingevents>

If you have questions, CalOptima Health Customer Service toll-free at **1-888-587-8088 (TTY 711)**, Monday–Friday, 8 a.m. to 5:30 p.m. We have staff who speak your language. Please visit us at www.caloptima.org/events for other events and in-person classes.

CalOptima Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

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CalOptima Health

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