



Nutrition Encouragement Group

Our dietitian is kicking off the new year with monthly encouragement groups. This month, the topic will be **MINDFUL EATING**. Grab a friend, and sign up for our January class. We hope to see you there!

Wednesday, January 15th at 5:30 pm

Cost is \$10 per member and \$20 for nonmembers.

Call 217-214-5858 to sign up.

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Wellness Center

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