

Utah Cancer Control Program 2017

Be Wise™ **Classes** They are **FREE!**

HEALTH CLASSES

@ 11:00 AM



JAN 4th: **DIABETES**
FEB 1st: **BLOOD PRESSURE**
MAR 1st: **CHOLESTEROL**
APR 5th: **MENTAL HEALTH**
MAY 3rd: **DIABETES**
JUNE 7th: **BLOOD PRESSURE**
JULY 12th: **CHOLESTEROL**
AUG 2nd: **MENTAL HEALTH**
SEPT 6th: **DIABETES**
OCT 4th: **BLOOD PRESSURE**
NOV 1st: **CHOLESTEROL**
DEC 6th: **MENTAL HEALTH**

COOKING CLASSES

@ 11:00 AM



JAN 25th: Create quick meals
FEB 22nd: well-stocked pantry
MARCH 29th: Get creative with veggies
APRIL 26th: Healthy eating for an active lifestyle
MAY 31st: Salt and Sodium
JUNE 28th: Smart shopping for fruits and veggies
JULY 26th: Add more vegetables to your everyday life
AUG 30th: Make better beverage choices
SEPT 27th: Make half your grains whole
OCT 25th: Women's health
NOV 29th: Cook once, eat twice
DEC 20th: Healthy holiday choices

CHOOSE to LOSE

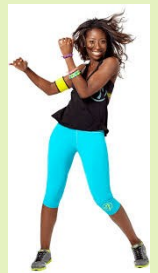
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JAN 11th: **WEIGHT LOSS CLASS**
FEB 15th: **WEIGHT LOSS CLASS**
MAR 23rd (Thurs): **WEIGHT LOSS**
APR 19th: **WEIGHT LOSS CLASS**
MAY 17th: **WEIGHT LOSS CLASS**
JUNE 14th: **WEIGHT LOSS CLASS**
JULY 19th: **WEIGHT LOSS CLASS**
AUG 9th: **WEIGHT LOSS CLASS**
SEP 13th: **WEIGHT LOSS CLASS**
OCT 11th: **WEIGHT LOSS CLASS**
NOV 8th: **WEIGHT LOSS CLASS**
DEC 13th: **WEIGHT LOSS CLASS**

ZUMBA CLASSES

@ 6:00 PM



JAN 11th: **ZUMBA**
FEB 15th: **ZUMBA**
MAR 23rd (Thurs): **ZUMBA**
APR 19th: **ZUMBA**
MAY 17th: **ZUMBA**
JUNE 14th: **ZUMBA**
JULY 19th: **ZUMBA**
AUG 9th: **ZUMBA**
SEP 13th: **ZUMBA**
OCT 11th: **ZUMBA**
NOV 8th: **ZUMBA**
DEC 13th: **ZUMBA**

All classes are on a Wednesday (unless indicated) & they are FREE at the Utah County Health Department: 151 S. University Avenue, Provo For more information call (801) 851-7031

*Due to classes being taught by volunteers, they are subject to change without notice