



Join Us!

- Become stronger and healthier!
- Learn about health, nutrition, and exercise!
- Improve your self-advocacy skills and confidence.
- Meet new friends and hang out with old ones!

HealthMatters™ Program

About the Program:

- 12 weeks
- 3 times per week
- 60-120 minutes per lesson
- Delivered virtually, home-based
- Google Classroom

Contact

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Program Start: OCTOBER 16

Program Meets every

Monday, Wednesday, and Thursday

2:30-4:00 pm PDT

Let's keep MOVING and LEARNING!

www.HealthMattersProgram.org