



FRANK D. LANTERMAN
REGIONAL CENTER

Healthy Lifestyles Course

NEW!



Hygiene



Nutrition



Physical
Activity

All sessions will be conducted on Zoom.

Attendees must have a computer with audio (speakers and mic for activities) & video capabilities.

**2023 DATES:
JULY 7TH ,14TH ,21ST
TIME:
10:00 – 11:00**

Click below to register for each session:

[Session 1](#)

[Session 2](#)

[Session 3](#)

Any questions or concerns? Please contact Mary Flynn at
MFlynn@lanterman.org or 213.252.4974