



Live Brighter

LIVING HEALTHIER SERIES UPCOMING SESSIONS:

July 22- *Childhood Weight Management* By: Beverly Moellering

August 19- *Improving Bone Health* By: Fritzi Nodine

September 23- *Spirituality and Wellness* By: Sr. Anita Holzmer

October 21- *Impact on Wellness* By: Jane Avery

November 18- *Yoga and General Health* By: Kelly Metzger

December 16- *Community Health and the Environment* By: Joe Steensma

Please join us for each session starting at 6:30 P.M. at our North Campus, off of Spring Street, Fort Wayne. Healthy snacks will be served at 6 P.M. Admission is a non-perishable food item that will be donated to the Community Harvest Food Bank. The sessions for the community are sponsored by the School of Health Sciences. For more information call 260-399-7700 xt. 8501.

