



Healthy Living Course



FREE 8-week Course

This 8-week wellness series is taught by Katie Lester, a Registered Dietitian and *Certified Intrinsic Coach*®. Interactive sessions include discussions about healthy living, nutrition, physical activity, sleep and stress management.

Choice of morning or evening session.

Morning session: Tuesdays, 9:00-11:30 am – April 25-June 13

Evening session: Wednesdays, 6:00-8:30 pm – April 26-June 14

One session per week for 8 weeks.

Both groups meet together on Saturday, June 3
for an all-day wellness retreat.

For more information and to register call **(401) 793-7817**.

**146 West River Street
(Behind the Providence Post Office)
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Providence, RI 02904
PARKING is FREE**



Women's Medicine Collaborative
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