



## Athens Takes It Off Health Education Series

Held at the Athens Community Center

**January 5, 5:30-6:30 pm, January 12, 12:10-1 pm**

*“Less Pain, More Gain”*

Instructor: Tom Murray

**January 19, 5:30-6:30 pm, January 26, 12:10-1 pm**

*“Making Choices, Making Changes, Finding a New Food Way”*

Instructor: Francie Astrom

**February 2, 5:30-6:30 pm, February 9, 12:10-1 pm**

*“Changing For Good”*

Instructor: Jeanne Heaton

**February 16, 5:30-6:30 pm, February 23, 12:10-1 pm**

*“Mood and Food”*

Instructor: Kim Valentour

**March 2, 5:30-6:30 pm, March 9, 12:10-1 pm**

*“Moderation is Key”*

Instructor: Barb Nakanishi

Open to the public.

Please join us.

