

Healthy Habits

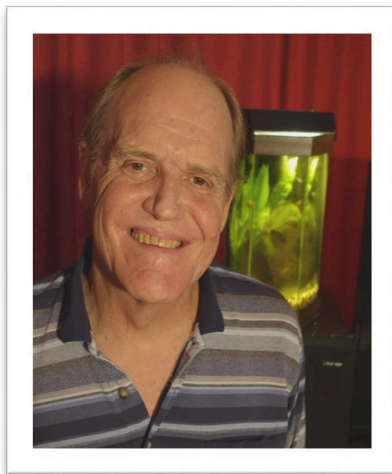


Wednesday
Dec 4, 2019
5:30-6:30pm

Elaine Jacob Center, Suite E
38550 S. Highway One
Gualala, CA 95445

Nurturing the Nature of Comfort and Health

Join special guest, John Worthington, RN for the final Healthy Habits meeting of 2019. John will discuss relaxation and conscious visualization for symptom relief (pain, anxiety, stress, muscle tightness, poor sleep, nausea, hiccups, etc.).



John Worthington, RN

“Nurturing the Nature of Comfort and Health teaches some very basic and long used, tried and true, practical and useful, and underused ways, to promote greater personal health, strength and wellbeing, within oneself and within those around you.” - John Worthington, RN

- Healthy Habits is a FREE community program of RCMS and the Mendonoma Health Alliance (MHA)
- Meetings are the first Wednesday of every month, April - December
- No reservations needed... just drop in! Enjoy a healthy snack and a chance to win a door prize!
- For more information, call RCMS at 884-9434 or call MHA at 412-3176.



Final Meeting of 2019

The program return at the same time and same location in April 2020.