

FREE Classes

Smoking Cessation

Date: February 8th

Time: 10 am

**Basic Nutrition and
Grocery Shopping**

Date: February 8th

Time: 2pm

**Basic Nutrition and Grocery
Shopping**

Date: February 10th

Time: 10am

Smoking Cessation

Date: February 10th

Time: 2pm

Located at the HOPE Ministry Center

**Additional One-on-One Nutritional Counseling Available Upon
Request for high blood pressure, high cholesterol, diabetes,
weight loss, etc.**