

Steps to a Healthy You: Nutrition



Are you thinking about becoming active and eating healthier?

This FREE 90-minute information session for adults may be for you!

In this class, we will learn about:

- How our culture impacts our relationship with food
- How our relationship to food impacts our mental health
- How to incorporate intuitive eating and what steps to follow to develop a personal wellness plan

Saturday, January 28 | 10:00 - 11:30 a.m.
Inclement Weather Date: February 4

Cornerstone Baptist Church
629 S Pershing Ave, York, PA 17401



Cornerstone
BAPTIST CHURCH

Register at cbcofyork.org

**Or call the WellSpan Healthsource line at
(800) 840-5905 or (717) 851-3500**

This program is possible thanks to a collaboration
with Cornerstone Baptist Church and WellSpan Health.

