

# Tools for Healthy Living

OCTOBER 5 – 26, 2023 • 6 P.M. – 7:30 P.M.

*Classes will meet in person each Thursday.*

**Methodist Olive Branch Hospital**  
**4250 Bethel Road • Olive Branch, MS 38654**  
**Main Conference Room – First Floor**



## ABOUT THIS CLASS:

This four-week course will feature fun, interactive workshops to empower participants to live happier, healthier lives. Topics will include nutrition, exercise and mental health.

Register online at: <https://forms.gle/Eo4TUTd46HnKWwKQA>

For more information, contact **Debbie Hoskins** at **901.287.4958**  
or [Debbie.Hoskins@mlh.org](mailto:Debbie.Hoskins@mlh.org).



**THERE'S POWER IN NUMBERS**  
**JOIN THE 1,000,000 POUND MOVEMENT!**  
[healthier901.com](http://healthier901.com)



**Methodist**  
Healthcare  
**Congregational Health  
Network**