**Transform Your Life… Building Healthy Habits**

**Mondays  
4:30 pm to 6:00 pm**

**Room 1193 – Group Room A   
WCHC**

* *Are unhealthy habits holding you back?*
* *Do you want better health, less stress and better relationships?*
* *Change your life! Reconnect with your best self. Reach your goals.*

For information contact health coach  
 Dr. Changaris at 925.335.7435

**Join us for our ongoing workshop!**

*WCHC  
Health Coaching Classes*

**“You can set yourself up to   
be sick, or you can choose to stay well.”**

* **Wayne Dyer**

