



Invite your community to participate in a free workshop with Beaumont experts, focusing on ways to maintain a healthy, active lifestyle.

Eat Healthy, Be Active

Host a free “Eat Healthy, Be Active” workshop

Workshops include:

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| 10:00 a.m. | Continental breakfast and welcome |
| 10:00 a.m. to 10:45 a.m. | Eat Healthy workshop session |
| 10:50 a.m. to 11:30 a.m. | Physical activity session featuring Pilates, tai-chi or yoga class |
| 11:30 a.m. to 12:15 p.m. | Lunch and discussion |
| 12:15 p.m. to 12:30 p.m. | Closing remarks and evaluations |

To arrange for a workshop, please contact DiAne’ Townsel at 248-551-2024 or diane.townsel@beaumont.org

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