

# Health Education Classes

## Living Our Best Life with Purpose

Please join us for this complimentary interactive health class.  
Topics Include Prevention and Best Management of  
Chronic Disease and Lifestyle Related Illness.



**WHEN:** Tuesday, November 26, 2024  
Tuesday, December 10, 2024

**WHERE:** H. Louis Lake Senior Center

**Health Education:** 2:30 p.m. - 3:30 p.m.

**Register prior to class at 714-741-5253**

*Together let's discover healthy life-giving behaviors!*

Presented by Julia Teal, RN, PHN, CHWC  
Hoag Community Nurse Navigator  
[Julia.teal@hoag.org](mailto:Julia.teal@hoag.org)