



Healthy You

WELLNESS GROUP

The journey to a healthier you is just one step at a time



**Wayne Hope Clinic will be holding its next
Healthy You Group**

Tuesday Jan. 8– Feb. 12, 2019 6:00-8:00 pm

Location: Adams Upper Elementary School

33475 Palmer Westland, MI 48186

(We will be meeting in the cafeteria)

*Each week we will be getting fun and helpful health information,
Cooking/recipes, crafts, and fun-easy movement*

Space is limited, so please pre-register at:

(734)710-6688



HOPE CLINIC

A Haven of Help + Healing