



**Classes are free and open to the public.
Bring a friend or loved one, no registration required.**

Sandra Vickstrom Board Room
Shenandoah Community Health
99 Tavern Road
Martinsburg, WV 25401

From main entrance, come into lobby and
turn right. Room is the first door on right.

Classes taught by SCH
Registered Nurse Health Educators

For more information, call:
304.263.4999

Weight & Wellness Support Group

Support for your journey to reduce weight and increase wellness.

1st Wednesday, noon – 1pm

Diabetes Education

Learn how to live your best life with diabetes.

2nd Wednesday, 5:30 – 6:30pm

3rd Wednesday, noon – 1pm

Stress Reduction & Relaxation

Promote longevity and increase productivity by reducing stress!

3rd Tuesday, noon – 1pm

www.ShenCommHealth.com

