



**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

Diabetes Education

2nd Wednesday: 5:30 – 6:30pm

Diabetes Education

3rd Wednesday: 12:00 – 1:00pm

Stress Reduction/Relaxation

3rd Thursday, 5:30 – 6:30pm

Cheap, Healthy Eats

4th Tuesday, 5:30 – 6:30pm

Your health is our mission.

