



March EVENTS

FREE COMMUNITY EVENTS
Open to the Public!

**Wellness Education Center
Open House**

Tuesday, March 6th from 9-5 P.M.

Stop by for a tour of our classroom and find out what kind of fitness and nutrition classes we offer each month.

Take home our monthly class schedule and start joining the fun!

"Eat this, Not That" Workshop
Tuesday, March 27th @ 11:30 A.M.

Join us as we celebrate National Nutrition Month!

Registered Dietician Mary Beth Curtis will teach us how simple food swaps can save you hundreds of calories per meal. A fun, interactive group discussion you won't want to miss!

Healthy refreshments will be served.



St. Patrick's Day Sun Visor Craft
Tuesday, March 13th from 9-10 A.M.

Bring the kids and your creativity!

Build a lasting memory while you create a take home craft project for

you and your little ones.

All supplies are provided and light refreshments will be served.

**Colorectal Awareness
Workshop**
Tuesday, March 20th @
11:30 A.M.

Did you know that Colorectal Cancer is the most preventable, but least prevented cancer?

Join us as Dr. Tim Tolland from Colon and Rectal Surgery discuss the facts and preventative measures you can take.

Refreshments will be served and all guests will receive a gift and handouts to take home with them.



An Independent Licensee of the Blue Cross and Blue Shield Association



Classes are held at the
Community Wellness & Education Center
471 S. Nova Rd., Ormond Beach, FL 32174

For more information, please call Mary Decator at (386) 676- 7100 x7293
or send an email to mdecator@fhcp.com

