

## Building Blocks to Health

The purpose of this group is to increase your knowledge about creating a healthy lifestyle. You will learn health-promoting activities such as exercise and healthy eating to support your mental health and well-being. You will be invited to set a personalized health goal and each week you will learn new ways to reach your goal!

Each member of the group will receive an electronic package containing session information and handouts. In addition to a weekly discussion with peers and instructors, you will also receive a weekly newsletter about various health topics!

### Virtual Group

**Dates:** Fridays  
February 3 to  
March 24 2023

**Time:** 12:00pm- 1:00pm



### To register:

Please email Kailey Cheropita at [KCheropita@bethesdaservices.com](mailto:KCheropita@bethesdaservices.com)

Registration email should include the group name that you would like to register for, and your contact information including name, email and phone number.