

The Perry County Health Department presents:

Life Smart for Women

A **FREE** Women's Health Program
open to all Women ages 18 and over.

St. Bruno Catholic Church

204 N. Gordon St

Pinckneyville, IL 62274

1hour Sessions, once a week for 10 Weeks

Every Thursday from 9:15 - 10:15 am

April 5th, 2018 – June 7th, 2018

Topics: Health and Risk Factors, Nutrition, Physical Activity,
Healthy Families and many more!

FREE Lab Screening Voucher for Participants!

RSVP accepted at 357-5371 Ext. 119

Pre-Registration is not mandatory

For more information, please call:

The Perry County Health Department

618-357-5371 Ext. 119