



Healthy Living Class

Amber Silva

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The *Healthy Living Class* is designed to educate and support participants in living healthier lives. Through education sessions, hands-on learning opportunities, and field-trips, participants will get to learn and practice new skills that can help them take steps towards making healthier choices.

Classes run January 10 through March 28, 2023

Class schedule:**

Registration due December 30, 2022

What days? 2nd and 4th Tuesday's of each month

What time? 4:00 pm-5:00pm

Where? Conference room across the hallway from AIM Office

class times & location may vary depending on activity



Healthy Living Class Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone number: _____ Email: _____

Class fee: \$15 check (payable to AIM) cash

Return completed forms and payment to:

AIM
PO Box 214
Willmar, MN 56201
Phone: 320-231-1777

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