



Healthy Living Series Schedule

It's a new year: is it time for a new you?

The Healthy Living Series 2010 at Resource Center Dallas covers general wellness and health-related issues faced by the gay, lesbian, bisexual, and transgender community. This series includes: making better food choices, diabetes, hypertension, weight loss, physical activity for a healthier body and much more.

Everyone makes resolutions, but how many of us really follow through? Did you say you would eat healthier, exercise more, stop smoking, shop healthy even on a budget?

Here is your chance.

Session 1: Monday, January 25, 6:00-8:30 p.m.
Kick-Off "The Assessment"

Session 2: Monday, February 8, 6:30-8:30 p.m.
General health highlighting weight loss

Session 3: Monday, February 22, 6:30-8:30 p.m.
General health highlighting diabetes

Session 4: Monday, March 8, 6:30-8:30 p.m.
General health highlighting hypertension

Session 5: Monday, March 22, 6:30-8:30 p.m.
General health highlighting healthy cooking for singles and families

Sessions are free to attend.

Healthy Living Series "Perks"

"Perks," outside of the regular classroom setting, include low-cost outings and interactive experiences that help you put your learned experiences into action. For just \$10 per "Perk", you will enjoy site visits and the learn-by-doing method of staying healthy.

The "perks" currently scheduled include a smoking cessation class and a self-defense skills seminar, and others may be added.

Healthy Living Series location:

Resource Center Dallas, 2701 Reagan St., Dallas 75219

Sign up by calling 214-528-0144

More info at www.rcdallas.org.