

www.feeling-blue.com -

RESOURCES – Lebanon County Community Programs

A Healthy You

Participants in this adult-only program will focus on skills necessary to be more active every day, choose and eat healthy foods and reach a healthy weight. Topics include dietary and physical guidelines for Americans, overcoming barriers and goal setting. The program includes 5 classes held over an 8-week period. Registration is required.

Hosting Organization: WellSpan Health

Call for schedule and registration information: Community Wellness at (717) 270-7764

Bridges

A Six-week evening workshop offering education and support for young widows and widowers. Participants discover positive ways of coping emotionally and practically following the loss of a life partner.

Call for more information: (717) 671-3700

Freedom from Smoking Program

This free 7-week group program is for individuals, businesses and community organizations. Participants learn about effective ways to quit smoking, determine which method is best suited for him or her, and construct a customized quit plan. Community classes are offered three times per year. Any business and/or community organization can request a tailored program to meet their group's needs.

Lebanon: WellSpan Health – call Education Services 717-270-7759

Wellness Programming

Host: Wellspan Good Samaritan Hospital

For a complete list of upcoming events and programs visit: www.wellebanon.org