



# TOTAL WELLNESS

Join us for a 5-week,  
in-person, health and  
wellness program to help  
make 2025 your healthiest  
year yet!

**REGISTER  
BY  
SEPTEMBER  
5**

## CLASS DETAILS

Mondays from September 15 - October 13,  
2025

All classes from 10:00am - 11:00am and  
4:30pm - 5:30pm.

Classes will be held in Conference Room 4  
at RFGH.

## WHAT TO EXPECT


Participants will learn about a variety of topics  
related to health and wellness. Participants  
will have the option to be weighed-in at each  
class, but it is not required.

## INTERACTIVE CLASSES ON:

- Nutrition in Aging
- Vitamins and Supplements
- Understanding and Preventing Inflammation
- And More!

## REGISTER

 [bdunphy@rfgh.net](mailto:bdunphy@rfgh.net)

 (207) 858-2318