



INH S
COMMUNITY WELLNESS

Group Lifestyle Balance Program



It's time to take charge of your health. This year long lifestyle change program can help you make lasting changes to reach your weight loss goals.

During this program, you will learn:

- How to improve your nutrition
- Ways to increase your activity level
- Ideas to problem-solve and stay motivated.
- How to use tracking tools for added support

All while having the help, accountability and ongoing support from a trained Lifestyle coach.

Register online at courseregistration.inhs.org or call 509-232-8138

Scholarships available

Classes are held in-person or via live webinar.

Options available for agencies that would like to host an in-person or webinar class at your location. Call for details.



wellness.inhs.org