

Living Well

A 10-week program taught by Dr. Emily Sheahan. Learn about making healthy food choices, incorporating exercise into your daily life, getting better sleep, managing stress, and so much more! Class will include a workbook, food samples, and your very own wellness binder!



Are you interested in making and staying with positive lifestyle choices? Improving how you think and how your brain functions? If so, Living Well is for you!



September 24th - December 3rd

Wednesday Evenings 5:00-6:30 pm

Walla Walla Memorial Hospital Conference Room

For more information and to register, please contact WMH @ **(541)426-5301**

Space is limited. Informational Meeting set for 9/18 at 5:30 p.m.



Walla Walla Memorial Hospital