



Healthy Habits During the Pandemic **FREE ZOOM WORKSHOP JANUARY 14 at 1 p.m.**

It can be a challenge to maintain a healthy lifestyle when our daily routines have been disrupted in so many ways. Studies show that we have a direct impact on the strength of our immune system when we optimize a healthy habit routine.

Little Daily Habits = Long Lasting Effects!

To join, go to zoom.us and then choose “join a meeting” from the upper menu.

Meeting ID: 874 3960 2735

Passcode: 100100

This interactive event is presented by Tracy Rogers, the YMCA’s Diabetes Prevention Program Coordinator. There will be time for Q&A. No registration is required!

The Pleasant Hill Commission on Aging is excited to host this workshop, in partnership with the YMCA and the Pleasant Hill Senior Center.

Questions? Contact Danielle Habr, staff liaison, at 925-671-5221