




JANUARY 23

LEARN TO NAVIGATE THE WORLD OF GIZMO'S AND GADGETS AND STAY ON TRACK THIS NEW YEAR.

Smart phones are full of wonderful tools to help us track our calories, log our weight, even monitor our sleep patterns. Join the conversation on January 23rd as we talk about how to use them this new year.

 *Persevere. Achieve. Celebrate.*
With Healthy Living Primary Care

January Group Meeting:

Navigate Apps to help you stay on track this year

Be aware of your intake and exercise with ease

Discuss other tools and applications that make staying healthy easy and at your finger tips

**HEALTHY LIVING
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Jan. 23rd at 5:30 pm