



# Let's get healthy Winter series



Join Portage Park District and our partners to focus on a healthier you. **Programs are free.** Complete the full series and earn a spot on our healthy champions list!

---

## January 7, 6 p.m. - Yoga for back health

### Sequoia Wellness

Class focus will be on poses that relieve pain and ways to get stronger and avoid pain.

## January 28, 5 p.m. - Reading food labels

### University Hospitals Portage Medical Center Medical Arts Building

How to read food labels to reach your healthy eating goals.

## February 11, 4 p.m. - Nutrition discussion

### Sequoia Wellness

How to make wise food choices that support our health.

## February 22, 9:30 a.m. - Yoga & Meditation

### Garrettsville Library

Start your morning with Kim from the Portage County Health District and relax with yoga and meditation.

---

**PROGRAM INFORMATION & REGISTRATION AT**  
[portageparkdistrict.org](http://portageparkdistrict.org) • 330-297-7728