

READJUSTING LIFE AFTER COVID-19

- Uplifting the Community for a Healthy Lifestyle
- How to Avoid Diabetes & High Blood Pressure & Other Medical Issues
- Staying Away from Drugs & Alcohol
- Encouraging patients to go Back to College and Pursue their goals.

CBN Would Like to Invite all the ToHajiilee Community to Participate in this Lunch and Learn, you can Attend here at CBN Health Center or Tune in Virtually. In Person Attendance will be for 30 People First Come First Serve.

**Special Guest Speaker:
Nick Moore**



When: November 1, 2023
Where: CBN Health Center
Time: 12pm-1pm

Google Meet joining info

Video call link:

<https://meet.google.com/hnv-eoir-kee>

Hosted by CBN Health Center

