

THE WELLNESS AND STRESS CLINIC
OF MEMPHIS LOCATED AT
3885 TCHULAHOMA RD

EXERCISE & COOKING PROGRAM

Are you interested in low-impact fitness? Low-cost and healthy cooking? Learning about eating well with chronic disease?

**ENROLL IN OUR EIGHT-
WEEK PROGRAM
BEGINNING MARCH 5TH 5-
7PM**

BENEFITS INCLUDE FOOD VOUCHERS,
A KROC MEMBERSHIP AND MORE!

FOR MORE INFORMATION, CALL US AT
(901)-306-LIFE (5433)
INFO@WELLNESS901.ORG

