



Sixteenth Street

Healthy Lifestyle Programs

The Sixteenth Street Clinic offers classes, now also in English, in nutrition, cooking, healthy habit development, cancer prevention, and physical activity. These classes aim to educate and inspire participants to develop healthier eating and physical activity habits to enjoy a healthy life.



In these classes, you will learn:

- How to develop healthy habits
- To choose foods that contribute to vibrant health. - with attention to saving money
- How diet and exercise can help prevent cancer
- How to increase movement and exercise in a fun way
- How to reduce stress and increase your energy
- Ideas for preparing healthy, affordable and delicious meals and snacks

✓ **For: Adults**

✓ **Cost: Free**

✓ **Where: Virtual Zoom**

✓ **Topics**

Register here:



Or register by calling:



414-897-5297

ENGLISH Classes the 4th Tuesday of each month:

3 Pillars of a Healthy Lifestyle: Tuesday October 26 from 5:30-7:30pm,
Emotions and Eating: Tuesday November 23 from 5:30-7:30pm,
Food Traffic Light: Tuesday December 28 from 5:30-7:30pm