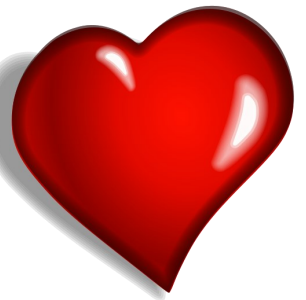


**FLORA PUBLIC LIBRARY
PRESENTS**

*Being Good to
Yourself*



HEALTH AND WELLNESS SEMINAR

FEBRUARY 15, 2018 AT 5:30 PM

**Flora Public Library
216 North Main Street
Flora, IL 62839-1510**

The Flora Public Library would like to invite you to attend this informational meeting on how to take control of your health and wellness.

Certified Health Coaches from Clay County Hospital will present a program entitled "Livable Wellness". We want to help provide you with the education and motivation to make healthy lifestyle changes.

 **CLAY COUNTY
HOSPITAL
AND MEDICAL CLINICS**
618.662.2131
claycountyhospital.org