

Rehab Services

GET FIT With Your Local Clinic!

Health Education Course

To register, call (419) 949.3086

4 weeks • June 27 – July 22 • 5:30 p.m.

Join our NEW Health Education Course at Morrow County Hospital. This course will give you the tools to monitor you and your family's nutrition, weight, exercise, and mental health. We will have hands on activities to apply what you have learned and take home materials to help with healthy decision making. Many of us want to live a healthier life, but we do not know where to start; this course will give a base of information to help you get started!



When: Mondays, Wednesdays and Fridays
June 27 – July 22 (No class Monday, July 4)
1 hour lectures on Mondays and Wednesdays
1 to 1.5 hour lab on Fridays

Time: 5:30 p.m.

Location: Morrow County Hospital
(651 West Marion Road • Mt. Gilead, Ohio)
Maximum Class Size: 15 participants
Age range: 18 to 55 years of age

Course Fee: \$25 • To Register, Call: (419) 949.3086
Must be able to walk 1 mile



**Morrow County
Hospital**
OhioHealth

morrowcountyhospital.com