



Advanced Health Active Living Program

Advanced Health now offers free programs that focus on physical activity, healthy eating, and wellness education.

- Free Swim at North Bend Pool, Saturdays 12-4 pm
- Free Swim at Mingus Park Pool, Mondays and Wednesdays 7-9 pm, June 17-August 7
- Free Swim at Brookings Pool, Saturdays 12-4 pm, June 22nd - August 31st
- Free Tai Chi for Better Balance group classes
- Free physical fitness classes at the Chetco Activity Center in Brookings
- Walk with Ease walking program
- TOPS - Free program for healthy living and weight management
- DEEP Classes - Diabetes Education Empowerment Program
- Free Quit Smoking Classes

For more information, visit
<http://advancedhealth.com>,
or contact Customer Service:
customerservice@advancedhealth.com
541-269-7400 (800-264-0014)