



Advanced Health Active Living Program

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

- Swimming at Mingus Park Pool
- Tai Chi for Better Balance group classes
- Physical fitness classes at the Chetco Activity Center in Brookings
- Walk with Ease walking program
- TOPS - program for healthy living and weight management
- DEEP Classes - Diabetes Education Empowerment Program
- Quit Smoking Classes

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