



# Advanced Health Active Living Program

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

- Free Swim Lessons at Mingus Park Pool - Summer 2022  
(Call Mingus pool for more details 541-267-1360)
- Free Open Swim at Brookings Pool - Summer 2022
- Tai Chi for Better Balance (on hold until further notice)
- Fitness for Recovery - Saturday mornings 10:30 am  
(check Facebook or Instagram, or call 541-404-6438 or 541-294-9569 for location)
- Walk with Ease walking program - Click link for more info:  
(<https://extension.oregonstate.edu/walk-ease>)
- TOPS - program for healthy living and weight management
- Community Yoga @ The Coos Bay Public Library - Every 2nd Wednesday @ 6pm (Register @ <https://is.gd/bNva2A>)
- Veggie Rx Program @ Waterfall and Bay Clinic (Must be a patient to participate. Call Waterfall or Bay Clinic for more information)

For more information, visit:  
<http://advancedhealth.com>,  
or contact Member Services:  
[customerservice@advancedhealth.com](mailto:customerservice@advancedhealth.com)  
541-269-7400 (800-264-0014)