



TOTAL WELLNESS

**Redington-Fairview General Hospital
is excited to offer their Total Wellness
program (formerly Weigh To Go) in
person, this spring!**

**REGISTER
BY
APRIL 30!**

CLASS DETAILS

Mondays from May 6 - July 1, 2024
All classes from 10:00am - 11:00am and
4:30pm - 5:30pm.

Classes will be held in Conference Room 4
at RFGH.

WHAT TO EXPECT


Participants will learn about a variety of topics
related to health and wellness. Participants
will have the option to be weighed-in at each
class, but it is not required.

INTERACTIVE CLASSES ON:

- Food Labels
- Probiotics and Prebiotics
- Mindful Eating
- Mediterranean Diet
- And More!

REGISTER

 bdunphy@rfgh.net

 (207) 858-2318