



Health & Wellness 101

*An educational
program to give you
the information you
need to live a
healthier life.*

1st Tuesday of
each month
4:30 - 5:30 pm

Held at
**Havasú Regional
Medical Center
Learning
Center
1785
McCulloch
Blvd. N.**

**Attendance is
Free!**

*Living Longer by
Living Smarter*

March 6, 2018 4:30 pm



Featuring

Dr. Ed Wignall

Presenting

“COPD—New Hope”

Dr. Ed Wignall, PhD is facilitator of the HCHF Better Breathers Club. He has overcome many physical challenges, including COPD and is a frequent speaker on recovery thinking.

***For more information call 928-453-8190
Havasú Community Health Foundation
www.havasucommunityhealth.org***

Health & Wellness 101 is a program under the umbrella of
Havasú Community Health Foundation, a 501(c)3 public charity.
94 Acoma Blvd. S. Suite 101, Lake Havasu City, AZ 86403

