

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

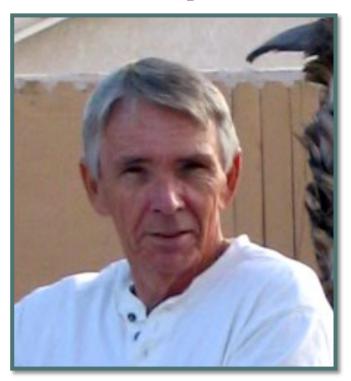
1st Tuesday of each month 4:30 - 5:30 pm

Held at
Havasu 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
Havasu Community Health Foundation
www.havasucommunityhealth.org

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

