

Your Optimal Health



Unlock your best self with this FREE workshop!

Learn easy ways to optimize your physical, mental, and emotional well-being. We'll break down the basics of living a healthier life and how you can reduce your risk for chronic disease.

Whether you're just starting out or need a refresher, get practical tips to jumpstart your wellness journey.

For more information, contact Melanie Taylor, MSHS, Community Health Educator, at mltaylor@carilionclinic.org

**Thursday,
January 15
1 – 2 p.m.**

**Radford Public
Library**

30 W. Main St.
Radford, VA 24141

**No registration needed!
Just show up to this
FREE workshop.**

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