

# 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](mailto:mltaylor@carilionclinic.org)*

**Wednesday,  
March 25**  
5 – 6 p.m.

**Pulaski County  
Library**  
60 3<sup>rd</sup> St. NW  
Pulaski, VA 24301

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

[CarilionClinic.org/CHO](http://CarilionClinic.org/CHO)

  
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COMMUNITY HEALTH AND OUTREACH