



# HEALTHY LIVING

Do you need more energy? You should join the Healthy Living class so that you can improve your health and wellness through some simple exercises.

Yoga, walking, hiking and other physical activities which your body and mind will benefit from

#### SACRAMENTO COUNTY OFFICE

2033 Howe Ave, Suite #100  
Sacramento, CA 95825

**Mondays**

1:00pm-2:30pm

(916) 760-1660

#### EL DORADO COUNTY OFFICE

3932 Ponderosa Rd, Suite #100  
Shingle Springs, CA 95682

**Fridays**

1:00pm-2:30pm

(530) 683-0110

#### PLACER COUNTY OFFICE

1311 Lincoln Way, Suite #100  
Auburn, CA 95603

**Tuesdays**

1:00pm-2:30pm

(530) 820-0141



For more information contact:  
Your Family Advocate

