



# GOOD LIFE HEALTH

## Health Workshops

September 10, 2016  
And the 2nd Saturday of  
each month thereafter  
2:30 p.m. to 4:30 p.m.

Foothills Community  
Church

700 S. Hamilton St.  
Chandler, AZ 85225  
480-917-4688

[www.foothillsaz.org](http://www.foothillsaz.org)

Email:  
[GoodLifeOpenHouse@gmail.com](mailto:GoodLifeOpenHouse@gmail.com)

The Good Life health event, hosted by Foothills Community Church (FCC) in Chandler, is a complimentary monthly event held the second Saturday of every month. The event runs for two hours and features information on physical and mental health presented in workshops designed to improve the quality of life for the residents of Chandler and surrounding communities.

Workshops include topics such as: nutrition, stress-management, wellness, healthy cooking, diabetes prevention, organic gardening, health screenings, CPR classes, healthy meals on a budget, and more. During the break, healthy snacks will be provided. The topics will vary each month. Everyone is welcome to attend. Check the website calendar for upcoming events.

Our country is experiencing a health crisis. Doctors are overwhelmed, health care costs are skyrocketing, and the incidence of disease continues to grow at alarming rates. People are confused - they don't

know what to do, what choices to make and don't know where to go for help. FCC wants to make a difference by offering complimentary workshops that will educate people so they may make informed choices, and provide clarity in a perplexing world of conflicting media reports, product packaging claims and advertising hype. FCC believes that by providing education in an encouraging environment, everyone can be empowered to experience a joyful and optimal quality of life. Please RSVP via email if you plan to attend. FCC needs notice to ensure sufficient supplies are available to accommodate everyone who wishes to come.

Foothills Community Church is located at 700 S. Hamilton St., Chandler, AZ 85225

Upcoming Good Life Health Events:  
Saturday, October 8, 2016.  
Saturday, November 12, 2016  
Saturday, December 10, 2016  
Saturday, January 14, 2017  
Saturday, February 11, 2017