



Step by Step: Wellness

Free Classes!

- Learn how to prevent and manage chronic conditions.
- Hands on education includes nutrition, physical activity and stress management.
- Cooking demonstrations, healthy recipes, and fun giveaways!

Attend all 4 classes
in the series!

Classes led by
the Wellness Team at VNA

VNA Health Center - Aurora
400 N. Highland Ave
In-Person Classes - English
Wednesdays from 5:30pm - 7:00pm

To Register Call:
(630) 892-4355

For more information email:
wellness@vnahealth.com

You do not need to be a VNA Patient to attend. Classes are **FREE** of charge.



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VNA Health Center - Romeoville
160 N. Independence Blvd. (Rt.53)
In-Person Classes - English
Thursdays from 5:30pm - 7:00pm

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Paso a Paso: Bienestar

¡Clases Gratis!

- Aprenda a prevenir y controlar las enfermedades crónicas.
- La educación práctica incluye nutrición, actividad física y manejo del estrés.
- ¡Demostraciones de cocina, recetas saludables y obsequios divertidos!

Clases en línea vía Zoom

lunes: 11:00am - 12:30pm

5:00pm - 6:30pm

martes: 11:00am - 12:30pm

3:30pm - 5:00pm

Para registrarse, llame al:
(630) 892-4355

¡Asiste a las 4 clases
de la serie!

Clases dirigidas por el
equipo de bienestar de VNA

Clases En Persona

Centro de Salud VNA - Aurora

400 N. Highland Ave

miércoles: 10:30am - 12:00pm

3:00pm - 4:30pm

Para más información, envíenos
un correo electrónico:
wellness@vnahealth.com

No necesita ser un paciente de VNA para asistir. Las clases son **GRATIS**.