



Public Health
Nutrition

TELETALKS



Call to learn & connect socially from the comfort of your home.

**Join us every Thursday
from July 8 - August 26 at 10 a.m.**

Do you want to stay socially connected during times of COVID-19?

Join us as we talk about mental health, nutrition, physical activity, and more!

For questions or to register for TeleTalks, call (909) 388-5650.

Classes are held every Thursday, from **July 8 - August 26, 2021** from **10-11 a.m.**



Behavioral Health

Services provided in collaboration with the San Bernardino County Department of Behavioral Health and funded by the Mental Health Services Act (Proposition 63). Servicios proveídos en colaboración con el Departamento de Salud Mental del Condado de San Bernardino y financiado por la Ley de Servicios de la Salud Mental (Proposición 63).

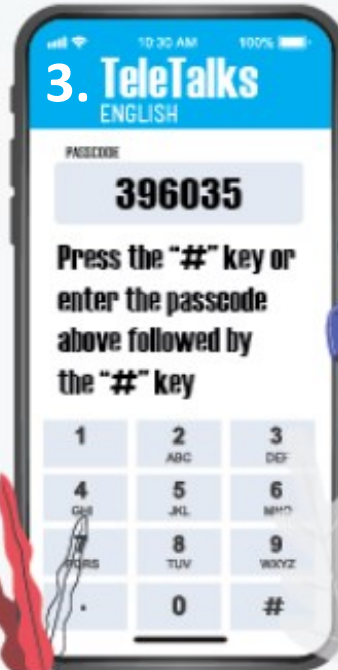
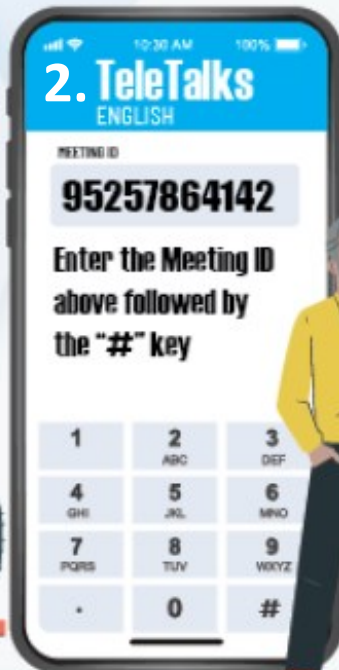
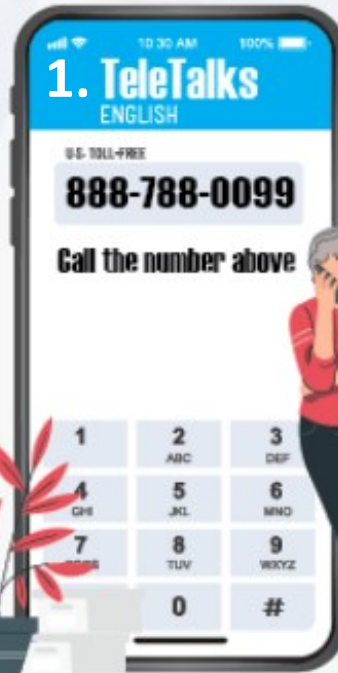
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HOW DOES IT WORK?

Follow the steps to join a TeleTalks session on any phone.

July 8 - August 26

Thursdays
10-11 a.m.



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