

# Healthy Lifestyle Class

We're thrilled to announce a brand-new opportunity for our employees - a Healthy Lifestyle Class designed to help you feel your best, inside and out.

This engaging, interactive 6-week program will be scheduled on Fridays and will cover key topics like nutrition, wellness habits, and practical tips to stay and support a healthier lifestyle. Whether you're just starting your health journey or looking to build on what you already know this class is for you. Classes will include a healthy recipe and a food tasting!

## Here are the details:

- Start Date: Friday October 17, 2025
- End Date: Friday December 5, 2025
- Time: 11:30 AM -12:30 PM
- Location: Engineer's Office - 2381 Clermont Center Drive Batavia, OH 45103

If you're interested in joining be sure to register early using the link below as spots are limited and expected to fill quickly. We can't wait for you to take this next step towards better health.

**Please realize this is a 6- week commitment and is limited to 30 participants and priority will be given in the order of registration.**

Register: <https://forms.office.com/g/NKZP3cAJ2p> .

**Note: Upon acceptance, you will receive a confirmation email, and a calendar invite for full 6-week class.**