



GO FOR BOLD

A movement and a passion dedicated to a healthy Washington County

Paving YOUR Path to Wellness

Go for Bold!

and lose one million community pounds by 2030.

Achieve

Bold Weight Loss



Bold Nutrition



Bold Wellness



Join us for **FREE** bi-weekly online health education series to assist individuals to begin making lifestyle changes, leading to habits for improving overall health. Delivered via Zoom on Tuesday evenings from 6:00 pm – 7:00 pm.

Tuesday, May 25: Diabetes – Know Your Risks

Laurie Sandberg, B.S.N., RN, CDCES
Diabetes Care and Education Specialist
Meritus Community Health Education & Outreach

Tuesday, June 8: Hypertension – The Silent Killer

Deb Lehr, M.S.N., RN, CCRN, CRN
Coordinator of Community Health Education & Outreach
Meritus Community Health Education & Outreach

Tuesday, June 22: Identifying Changes You Want to Make and Overcoming Barriers

Rebecca Canzonieri, LCSW-C and Janice Mentzer, LCSW-C
Licensed Clinical Social Workers
Meritus Behavioral Health Services

Tuesday, July 6: Safely Beginning a New Exercise Program

Ethan Roberts, PT
Physical Therapist
Meritus Total Rehab Care

Tuesday, July 20: 10 Tips for Eating Healthier – Small Changes You Can Make

Brandy Stayman, M.S., RD, LDN
Registered Dietitian
Optimal Health Nutrition Counseling

To register, please visit www.healthywashingtoncounty.com/events.
For more information, please call 301-790-8626.