

# OhioHealth ENGAGE “In the Driver’s Seat” Free Virtual Classes — July 2021

- July 5, 12, 19, 26, 2021; Mondays, 10:30-Noon; by WebEx.
- Focus on **E**mpowerment, **N**utrition, **G**oals, **A**ctivity, **G**uidance, and **E**ducation.
- Participation in the four sessions is required.
- Participants must have access to the internet and have an active email account.
- Become a self-manager of your own health by putting yourself “In The Driver’s Seat”.

• Diet and nutrition	• Cholesterol
• Physical activity	• Smoking and tobacco use
• High blood pressure	• Obesity and weight management
• Diabetes	• Stress management

- Email [maryann.abiado@ohiohealth.com](mailto:maryann.abiado@ohiohealth.com) to join the free virtual class.
- Last date to register — June 21, 2021.
- Maximum class size — 30.