

# THE ROAD *to a* HEALTHIER LIFESTYLE

Join the Affinia Healthcare Chronic Disease Team as you begin your journey to healthier lifestyle. Come out to receive education on understanding and knowing your health screening numbers.

**Friday, January 30**  
**11 a.m. to 2 p.m.**

International Institute of St. Louis  
3401 Arsenal Street  
St. Louis, MO 63118



**For more information, please contact:**

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