

Health Connection Call

with Coach Tadris and Friends

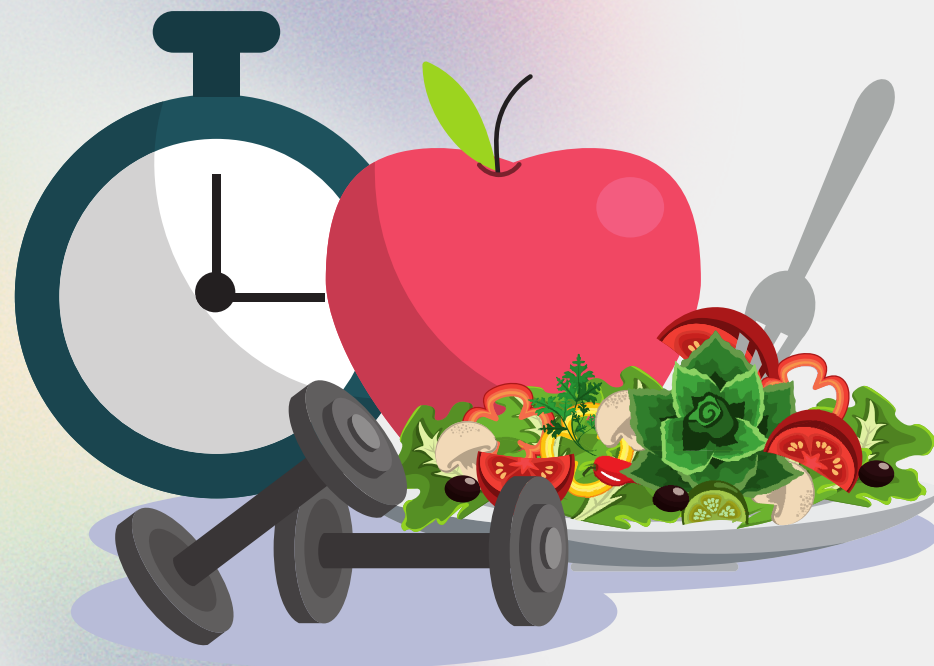
2nd and 4th Wednesdays at 5:30pm

Zoom Link

Meeting ID: 872 9745 0944



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Coach Tadris Parker has been helping people in our community live healthier lives since 2013. Join in as he discusses topics such as; goal setting, healthy eating, healthy living, accountability, workout tips, weight management tips, and how to develop a positive mindset.

The Atlantic Center for Independent Living supports equal access for all.
For accommodations please contact Jennifer at jburke@atlanticcil.org | (609)748-2253 ext.4