

Summer Bridge to Better Health

FREE 6-WEEK GROUP COACHING SERIES

Feel Better — One Step at a Time

Workshop Topics

Week 1: Bridge to Better Health Overview (Awareness & Hope)

Week 2: Food & Movement: Small Steps, Big Impact

Week 3: Sleep & Stress: Restoring Calm & Energy

Week 4: Connection & Meaning: Staying Engaged and Encouraged

Week 5: Practicing Change: What's Working? What Needs Tweaking?

Week 6: Celebration & Next Steps: Keeping the Bridge Strong

Tuesdays at Ypsilanti Senior Center | 2:30 PM

July 7th — August 18, 2026

No class August 4, 2026

Everyone is welcome!

Families • Communities • Adults

How to Register

Register at the front desk or contact Tanya Towler

towler001@gmail.com