

# Free Health Literacy Classes



## You will learn about:

- Talking to the Health Professionals
  - Where to Go for Services
- Medications, Drugs, and Prescriptions
  - Paying for Care and Insurance
  - Filling out Health Forms
- Nutrition and Staying Healthy

**Open to all adults looking to improve reading skills**

**Sign Up:** Call 804-288-9930

**Every Wednesday from  
October 11th—December 13th  
1:30pm to 3:30pm**

Bon Secours Center for Healthy Living  
Sarah Garland Jones Center  
2600 Nine Mile Road, Richmond, VA 23223

