



Weimar
University

HEALTH Programs 2025

Saturdays
February
1, 8, 15, 22;
March 1, 8

9:30 - 10:45 am

Secrets of Living Longer & Stronger

Fascinating scientific evidence for the health principles found in the prophetic book of Daniel. Enjoy discussions and healthy recipes! Includes educational material.

Wednesdays
Jan 29
through
May 7

4:30 - 6:00 pm

Lifestyle Solutions Group Coaching

Gain knowledge and skills to reach your goals and be a better you! Enjoy the power of connection and support in a friendly setting.
Cost: \$40 (Includes book and journal).

Saturdays
March 22 -
May 3

9:30 - 10:45 am

Food, Friends and Fellowship

Meet new friends, get the support you need and learn about: Hope, Anger, Will power, Shame, Gratitude, Music and Forgiveness. Enjoy healthy breakfast samples and recipes, and a colorful booklet, free!

Wednesdays
Feb 19, 26,
March 5

6:15 - 7:30 pm

Cooking Classes

Enjoy delicious recipes and learn the benefits of following a whole-food, plant-based diet.
Cost: \$40 (Includes recipes and food samples).

Wednesdays
March 19, 26;
April 2, 9, 16,
23, 30; May 7

6:15 - 7:30 pm

Depression and Anxiety Recovery™

Discover evidence-based information, practical interventions, useful tools, supportive volunteer staff, and group accountability.
Cost: \$120 (Includes books and student material).

Contact: (530) 422-7911
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Total Community
Involvement
Weimar University