

1ST WEDNESDAY COMMUNITY CLASSES

The first Wednesday of every month Metron of Cedar Springs will be working with the Cedar Springs Public Library to bring you education on various topics that will help you live a healthier and happier life.

These classes are for adults and children. All are welcome and there is no charge. Each class will be held at the library from 2:00 pm to 3:00pm.

Sponsored by Metron of Cedar Springs



When: First Wednesday of Every Month from 2:00pm to 3:00pm

Upcoming Topics

September 5th, 2018 – Bullying

October 3rd, 2018 – Immunization and Flu

November 7th, 2018 – Stress and Time Management

December 5th, 2018 – Acts of Kindness

January 2nd, 2019 – Creating a Healthy Lifestyle

For more information contact: Brenda Newcombe at 616-550-3837