WHAM

Whole

Health

Action

Management

FREE
8 WEEK CLASS

WHAM helps you identify your strengths and use them to improve your health. Whether you want to increase your energy, manage stress, or build a stronger support network, WHAM provides the tools and the community to help you get there.

MATERIALS INCLUDED

SIGN UP TODAY!
Spaces Limited

JUNE 17 - JULY 29
5:00 pm WEDNESDAYS

55 Summer St
Rochester, NH

TO SIGN UP OR RECEIVE MORE INFO:

Call 603-948-1036 or
Email info@infinitypeersupport.org or
Visit www.infinitypeersupport.org

Infinity Peer Support