



Wellness Class Series



Join us for a series of wellness classes presented by the Walmart Neighborhood Market Pharmacists.



Cough, Cold & Flu

Date: January 4

Time: 1-3PM

Location: 100 Recreation Lane

Cost: Free

Join us for an information display highlighting cough, cold and flu as presented by the Walmart Neighborhood Market Pharmacist.



Brown Bag Meds

Date: January 25

Time: 1-3PM

Location: 100 Recreation Lane

Cost: Free

Bring your medications with you in a brown bag and a pharmacist will review them one by one with you.



Healthy Eating

Date: February 8

Time: 1-3PM

Location: 100 Recreation Lane

Cost: Free

The pharmacist can help you lay out an eating plan for you to follow.

City of Jacksonville Recreation & Parks

100 Recreation Lane
910 938-5312
www.jacksonvillenc.gov



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