

## RAISE in Action

Achieve your 2018 fitness goals while trying something new with Salaam Cleveland!

Salaam Cleveland has arranged free yoga classes on Sunday from 10am-11am. The classes will take place at the West Cleveland Muslim Association. The class will begin on Sunday, February 25th and continue through April 29th, 2018. All levels are welcomed.



## Healthy Eating Active Living



### Take 3 Steps to Fight Flu

1. Take flu antiviral drugs if your doctor prescribes them.
2. Take every day preventative actions to help prevent the spread of germs.
3. If you have not gotten a flu vaccine yet this season, get vaccinated now – it's not too late!

We are still in flu season, and the flu can be serious. Protect yourself and your family this flu season with these 3 simple steps. Remember everyone is at risk for getting the flu. Some people are at high risk of developing flu-related complications. Those at high risk include, children under 5, people over 65, pregnant women and those living in nursing homes.

For more information about steps to fight the flu visit <https://www.cdc.gov/features/flu-prevention/>.