

You are cordially invited to the:
Columbia Wellness Initiative

A monthly program promoting and educating the residents of
Columbia County on healthy living and complete wellness

Please join us:

Friday, February 19th @ 12:00 p.m.

Lake Shore Hospital Authority
259 NE Franklin St
Lake City, FL 23055

Lunch will be served at 11:30
For information call 386-754-7083

Joseph O'Hern

With



An average of 88 people dies a day from tobacco use in the State of Florida, don't let that be you! Come hear about the real dangers of tobacco use and the available resources to help you take the step toward a healthier tobacco-free life.

Joseph O'Hern is as a Community Health Advocate with the QuitDoc Foundation and currently oversees the Columbia County Tobacco Prevention Program. Joseph has worked in Public Health for 5 years and is passionate about making change that betters our community.

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