

Stay healthy with Well-Being Wednesdays

Well-Being Wednesdays are monthly, no-cost classes designed to help you build your overall physical and emotional health.



Building Healthy Habits

Learn simple tips to turn small changes into everyday habits to improve your health.

Eating for a Healthy Heart

Learn how to manage high blood pressure and improve heart health with the Dietary Approaches to Stop Hypertension (DASH) meal plan and other healthy eating tips.

Truth About Sugars

Get a better understanding of the basics of sugar and artificial sweeteners and learn ways to reduce their intake.

Building Healthy Habits

Wednesday, January 22

Eating for a Healthy Heart

Wednesday, February 19

Truth About Sugars

Wednesday, March 19

REGISTER TODAY

bit.ly/3Z9Mr3w



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