

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.



Breaking Through Fitness Barriers

Reflect on your personal barriers and create a physical activity action plan to make fitness part of your daily routine.

High Blood Pressure

Learn about the risk factors for high blood pressure and discover simple lifestyle changes that can help you prevent or manage the condition.

Healthy Weight

Tap into your personal motivators and consider your readiness to make a behavior change that supports weight management.

Breaking Through Fitness Barriers

Wednesday, January 21

High Blood Pressure

Wednesday, February 18

Healthy Weight

Wednesday, March 18

All sessions occur at 12-1 p.m. ET | 10-11 a.m. MT | 9-10 a.m. PT

[REGISTER TODAY](#)

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