

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.



Benefits of Moving in Nature

Review the physical and mental benefits of getting outside and share ways to immerse yourself and exercise in nature.

Digital Detox

Explore the impact of digital devices on health and learn tips for unplugging to rejuvenate the body and mind.

Boost Your Brain Power

Learn daily habits and activities to exercise your mind and improve your brain health at any age.

**Benefits of Moving
in Nature**

Wednesday, April 22

Digital Detox

Wednesday, May 20

**Boost Your
Brain Power**

Wednesday, June 17

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

Spanish closed captioning is only available during the on-demand recording.

REGISTER TODAY

k-p.li/49iXiQC

