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.



Summer Safety

Learn how to recognize the signs of heat-related illnesses, and get tips to protect yourself and others during the summer.

Flu Awareness

Get the latest news about the flu, and learn the difference between the flu and a cold. Plus, find out what you can do to prevent both.

Osteoporosis Prevention

Learn what causes osteoporosis, and how calcium and weight-bearing activities can help decrease your risk.

Summer Safety	Flu Awareness	Osteoporosis Prevention
Wednesday, July 22	Wednesday, August 19	Wednesday, September 23

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

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