

# 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.



## Family Health

Review common health concerns and screenings and get strategies to keep every family member healthy while practicing self-care.

## Flu Awareness

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

## Preventive Care Guidelines

Learn the importance of preventive care for preventing, finding, and managing health problems.

### Family Health

Wednesday, July 24

12 – 1 p.m. ET

### Flu Awareness

Wednesday, August 21

12 – 1 p.m. ET

### Preventive Care Guidelines

Wednesday, September 18

12 – 1 p.m. ET

**REGISTER TODAY**

[bit.ly/3Z9Mr3w](https://bit.ly/3Z9Mr3w)

