

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.



Ready, Set, Goal

Learn how to identify behaviors that target and explore ways to strengthen your motivation to create habits that stick.

Cholesterol and You

Learn about the causes and effects of high cholesterol and different ways to manage your cholesterol levels.

Food and Mood

Learn how to tune in to the body and mind and identify self-care practices that can bring balance to your eating and mood.

Ready, Set, Goal

Wednesday, January 17

12 – 1 p.m. ET

Cholesterol and You

Wednesday, February 21

12 – 1 p.m. ET

Food and Mood

Wednesday, March 20

12 – 1 p.m. ET

REGISTER TODAY

bit.ly/3Z9Mr3w

