

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.



Stress Management

Come to this introductory program to learn how relaxation, breathing, and exercise can help you identify, manage, and prevent stress.

Understanding Mental Health

In this class, we'll learn about the signs and symptoms of stress and depression. We'll also discuss how stress can impact your mental health and how to best manage the condition.

Men's Health

Join this session to learn about the male risk factors for heart disease, prostate cancer, or diabetes. Then we'll discover how simple lifestyle changes, such as weight management, can help you avoid chronic disease.

Stress Management

Wednesday, April 12

12 – 1 p.m. E.T.

Understanding Mental Health

Wednesday, May 3

12 – 1 p.m. E.T.

Men's Health

Wednesday, June 7

12 – 1 p.m. E.T.

REGISTER TODAY

bit.ly/3Z9Mr3w

