

Stay healthy with Well-Being Wednesdays

Well-Being Wednesdays are a series of monthly health education classes designed to help you build your overall physical and emotional well-being while navigating these unprecedented times of COVID-19.



Women's Health

Learn more about women's health topics including breast cancer, osteoporosis, heart disease, and pregnancy. Get information on screening treatment alternatives and tips for early detection and prevention.

Thriving with Pre-Diabetes/Diabetes

Get tips on healthy eating, exercise, and stress management. Also, learn ways to manage pre-diabetes and diabetes through lifestyle changes and receive resources to support you throughout your journey.

Healthy Holidays

The holidays can be stressful. Healthy eating, exercising, and managing stress can be a challenge. Learn tips that can help make the holidays more enjoyable.

Women's Health

Wednesday, October 21

12 – 1 p.m. ET

[REGISTER TODAY](#)

Thriving with Pre-Diabetes/Diabetes

Wednesday, November 11

12 – 1 p.m. ET

[REGISTER TODAY](#)

Healthy Holidays

Wednesday, December 16

12 – 1 p.m. ET

[REGISTER TODAY](#)