



Join us for a Wellness Webinar

Nutrition

October 21st, 11 am - 11:30 am

What is a carb? Are they bad for me? And why should or shouldn't I avoid them? Attendees will learn nutrition basics in this seminar in addition to some of the most common American eating patterns.

[| Click here to pre-register |](#)

Happiness Hacks

November 4th, 11 am - 11:30 am

The happiest people have skills to insulate them from poor emotional health outcomes. This seminar teaches you resilience tools, or hacks, for maintaining happiness.

[| Click here to pre-register |](#)

Diabetes Management - Provider-led

November 11th, 11 am - 11:30 am

Have you ever been told that you are at risk for diabetes, or are you currently living with type 2 diabetes? Please join us for an educational presentation on type 2 diabetes.

[| Click here to pre-register |](#)

Know Your Numbers - Provider-led

December 9th, 11am - 11:30 am

Blood pressure. Total Cholesterol. A1C. Ever wonder what all those numbers mean when you receive results after lab work? All of these factors impact your overall health and knowing your numbers can help.

[| Click here to pre-register |](#)

Exercise For You

December 16th, 11am-11:30 am

Interested in starting an exercise routine but unsure where to start? Join us for "Exercise For You"! Get information about physical activity recommendations, improving physical fitness and exercising for health.

[| Click here to pre-register |](#)

