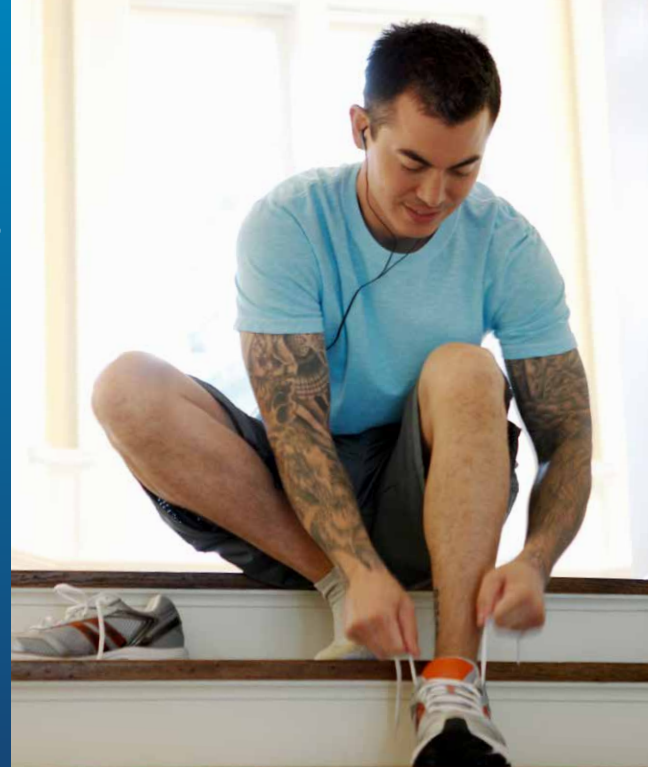


Stay healthy with Well-Being Wednesdays

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.



Get Moving

Learn different types of physical activity, the benefits of physical activity, and ways to become more active in your daily life.

Keeping a Healthy Heart

Learn about the symptoms of stroke, coronary artery disease, and high blood pressure, and what you can do to help prevent these conditions.

Healthy Eating and You

Learn what a healthy plate looks like and how to plan a healthy diet.

Get Moving

Wednesday, January 27

12 - 1 p.m. ET

[REGISTER TODAY](#)

Keeping a Healthy Heart

Wednesday, February 24

12 - 1 p.m. ET

[REGISTER TODAY](#)

Healthy Eating and You

Wednesday, March 31

12 - 1 p.m. ET

[REGISTER TODAY](#)