

New Year, New You!

Join us for Zoom health and mental health sessions to help you kick off a happy and healthy new year.

2024 Zoom Sessions

Mind Matters

January 10 | 12:00 - 12:30 pm

The Mindful Eating Journey

January 17 | 12:00 - 12:30 pm

The ABCs of Heart Health

January 24 | 12:00 - 12:30 pm

The Gift of Gratitude

January 31 | 12:00 - 12:30 pm

Click here to register: <https://bit.ly/48q6TkR>

or scan the QR code:



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