

Wednesday Wellness Webinars

We are offering two sessions....11am and 1pm. Classes are limited to 500 participants per class. B

Below are the links for each flyer for you to download and share with employees to register:

[Healthier U Webinar 7.15.20 Mindful Stretching.pdf](#)

[Healthier U Webinar 7.22.20 Ageless Living.pdf](#)

[Healthier U Webinar 7.29.20 Coping Skills for Caregivers.pdf](#)

[Healthier U Webinar 8.19.20 What Every Man Woman Should know.pdf](#)

[Healthier U Webinar 8.26.20 Reduce Your Cancer Risk.pdf](#)

[Healthier U Webinar 8.5.20 Back Care.pdf](#)

[Healthier U Webinar 8.12.20 Resolution to Change.pdf](#)