

September 2023 Wellness Webinars:

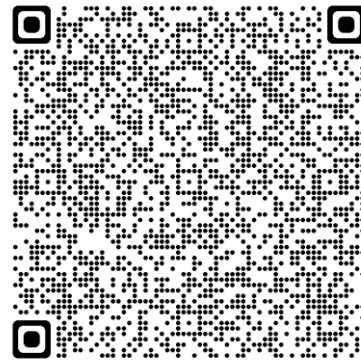
DASH Eating Plan

Wed 9/13/23 ~ 12 -1PM

This presentation explains the DASH eating plan and explores some of its many health benefits

BONUS: while supplies last – employees who watch the DASH webinar can also receive a DASH workbook with recipes, helpful hints, and more!

To register scan this QR code:



Healthy Aging

Wed 9/20/23 ~ 12-1PM

Taking care of our physical and mental health as we age involves staying active, making healthy food choices, getting enough sleep, and proactively managing our health care. Learning how to make small changes in each of these areas can go a long way to support healthy aging.

To register scan this QR code:

