

2024 Wellness Webinar Series



Wednesday
October 16
Noon - 1:00 p.m.

Eat Smart: Tips for healthy Living

Learn practical strategies and insights for making better food decisions, leading to improved well-being and vitality. We'll cover healthy sustainable living, time management, resource utilization, and preparation strategies.

Presenter: Mikaila Zapata, Program Manager Health & Wellness



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Our wellness webinars provide guidance in enhancing your well-being and support your successful journey to better health.