

2024 Wellness Webinar Series



Wednesday
November 20
Noon - 1:00 p.m.

The Power of Social Connection

We will explore the profound impact of social connection on your well-being and longevity, how it promotes a happier and healthier life, and increases resiliency.

Presenter: Ana Hernandez, RD, Program Manager Health and Wellness



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