

Stay healthy with Well-Being Wednesdays

Well-Being Wednesdays are monthly, no-cost classes designed to help you build your overall physical and emotional health.



Taking Care of Yourself

We will focus on four ways to improve SELF-care (Sleep, Love, Exercise, and Food) and learn how daily practice of simple strategies supports improved health and well-being.

Work-Life Balance

Your life outside of work matters. Learn the importance of work-life balance and strategies to support better balance in the different areas of your life.

Men's Health

Learn screening guidelines and ways to reduce the risk for heart disease, stroke, and the most common cancers for males.

Taking Care of Yourself

Wednesday, April 3

12 – 1 p.m. ET

Work-Life Balance

Wednesday, May 15

12 – 1 p.m. ET

Men's Health

Wednesday, June 19

12 – 1 p.m. ET

REGISTER TODAY

bit.ly/3Z9Mr3w

