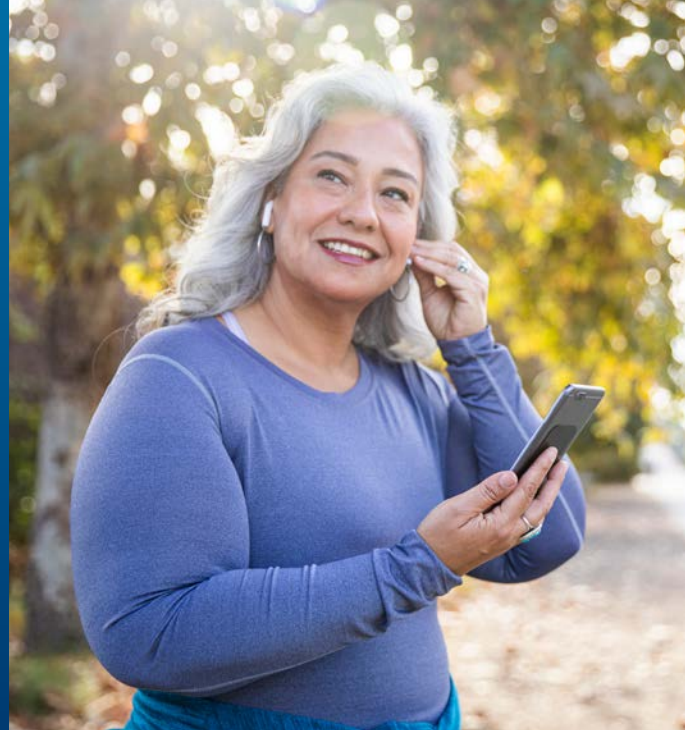


# Stay healthy with Well-Being Wednesdays

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



## Building Healthy Habits

Learn simple tips to turn small changes into everyday habits to improve your health.

## Eating for a Healthy Heart

Learn how to manage high blood pressure and improve heart health with the Dietary Approaches to Stop Hypertension (DASH) meal plan and other healthy eating tips.

## Truth About Sugars

Get a better understanding of the basics of sugar and artificial sweeteners and learn ways to reduce their intake.

### Building Healthy Habits

Wednesday, January 22

### Eating for a Healthy Heart

Wednesday, February 19

### Truth About Sugars

Wednesday, March 19

**REGISTER TODAY**

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