



FEBRUARY NEWSLETTER

FEBRUARY 2025

EVENTS THIS MONTH:

**CANCER PREVENTION EVENING
"A HAPPIER HOUR"
DAC 2/19/25 4-6P
OLSON TRAINING CTR 2/25 4-6P
SEE THE FLYER IN YOUR EMAIL**

NEXT MONTH

NEXT MONTH WE WILL BE FOCUSING ON NUTRITION AND EMOTIONAL EATING. WE WILL BE HOSTING THIS SESSION ONLINE AND HOPE YOU CAN JOIN US ON MARCH 26!

DAYS OFF THIS MONTH:

FEBRUARY 17, 2025

SOCIAL MEDIA:

**PLEASE FOLLOW US-
INSTAGRAM @VCSWELLNESS
FACEBOOK
VCSEMPLOYEEWELLNESS**

**FOR QUESTIONS CONTACT LAUREN MEINELT
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