



# Coffee & Conversation



A COMMUNITY HEALTH EDUCATION SERIES

Join Beverly Melton, RN, for monthly discussions focused on health, wellness, and healthy aging. Learn practical tips, ask questions, and connect with others in a welcoming environment.

Light refreshments will be served!

HOSTED BY  
**BEVERLY  
MELTON, RN**



**EDUCATE.  
EMPOWER.  
LIVE WELL.**

SEPTEMBER



**BONE DENSITY &  
OSTEOPOROSIS  
PREVENTION**

OCTOBER



**BREAST CANCER  
PREVENTION,  
SCREENING &  
SURVIVORSHIP**

NOVEMBER



**UNDERSTANDING  
DIABETES &  
PREDIABETES**

DECEMBER



**MENTAL HEALTH &  
EMOTIONAL  
WELL-BEING**

JANUARY



**NUTRITION FOR  
LIFELONG HEALTH**

FEBRUARY



**HEART HEALTH:  
KNOW YOUR  
NUMBERS**

MARCH



**MEN'S HEALTH:  
STRONGER  
TOGETHER**

APRIL



**SLEEP APNEA:  
THE HIDDEN  
HEALTH RISK**

MAY



**SUN & SKIN SAFETY:  
PROTECT TODAY,  
THRIVE TOMORROW**



*Mark your  
Calendar!*

**FIRST FRIDAY  
OF THE MONTH  
AT 12:30 PM**



**WELCOME  
CENTER**



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