



Wellness Workshops

3rd Wednesday of every month

10:00am-11:00am

Gallery Room

Calendar Of Events

August 20th “Getting Healthy Mind & Body”

September 17th “Get Off The Sweet Stuff”

October 15th “Preventing Influenza & Pneumonia”

Nov. 19th “Advanced Care Planning: Living Will For Health Care”

December 17th “Staying On Track For The Holidays & Beyond”

Classes Facilitated by Suzanne Williamson RN BSN

Certified Diabetes Educator

Wellness Consultant

Workshops are free. Registration not required.