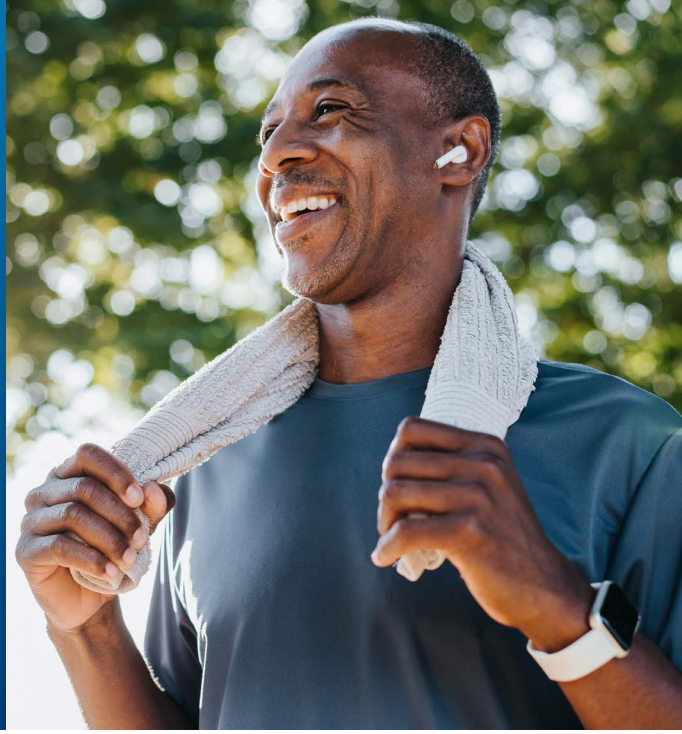
Stay healthy with Well-Being Wednesdays

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



Women's Health

Learn more about women's top health issues including breast cancer, osteoporosis, heart disease, and reproductive health.

Truth About Sugars

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

Sustainable Celebrations

Do good and feel good this holiday season. Learn simple tips to lower stress, celebrate mindfully, and practice eco-friendly habits.

Women's Health	Truth About Sugars	Sustainable Celebrations
Wednesday, October 21	Wednesday, November 18	Wednesday, December 16

All sessions occur at 12-1 p.m. ET | 10-11 a.m. MT | 9-10 a.m. PT

Spanish closed captioning is only available during the on-demand recording.

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