

WELLNESS

WEDNESDAY WEBINARS

Living  Whole
Wellness Program

You are invited to our monthly
WELLNESS WEBINAR
5:30 - 6:00 pm

DATE	WEBINAR TOPIC	PRESENTER
February 25	LIVE HEART HEALTHY	ESMERELDA GUERRERO, MS, RD
March 25	BITE INTO A HEALTHY LIFESTYLE	CAITLIN MCKEE, MS, RD
April 29	GLUTEN FREE DIETS	CAITLIN MCKEE, MS, RD
May 27	REACHING FOR FITNESS	RON REA, DScPT
June 24	FRESH & EASY: FRUITS AND VEGETABLES	CORY GHEEN, MS
July 29	IN PURSUIT OF PEACE	DILYS BROOKS, Mdiv, MS, MA
August 26	DISASTER PREPAREDNESS: WHAT'S IN YOUR TOOLBOX	BRETT MCPHERSON RN, BSN
September 30	TAKE A STAND AGAINST SITTING "DISEASE"	ERNIE MEDINA, DrPH
October 28	VEGETARIANISM, IS IT WORTH IT?	JOAN SABATE, MD, DrPH
November 18	THE TRUTH ABOUT DIABETES	DEBBIE CLAUSEN, MSN, FNP, CDE
December 16	STRESS FREE HOLIDAYS: YES, IT'S POSSIBLE!	SHELBY ROEMER, LMFT



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