

# Wellness Wednesday Virtual Classes



**First Wednesday of the month. Join us for a dose of wellness!**

**Time: 12:30-1pm**

**Teams link below to join the classes**

- **January 8** – *2025 Goal Setting*: A class on successful planning for fitness, nutrition & beyond.
- **February 5** – *Kindness: A Path to Connection*: Discover how the act of kindness is good for your health!
- **March 5** – *Workday Recharge*: Quick, accessible fitness easily integrated into a work-day to keep you energized & motivated in 2025.
- **April 2** – *Power Up Your Plate*: Practical nutrition tips that are easy to apply in a busy work environment.
- **May 7** – *Budget Planning*: The best kind of a budget allows you to pay for your necessities, save some money, pay down debt and then have some left over for fun.
- **June 4** – *Screen Smart–Protecting Your Eyes in the Digital Age*: Simple tips to keep your eyes healthy while enjoying screen time.

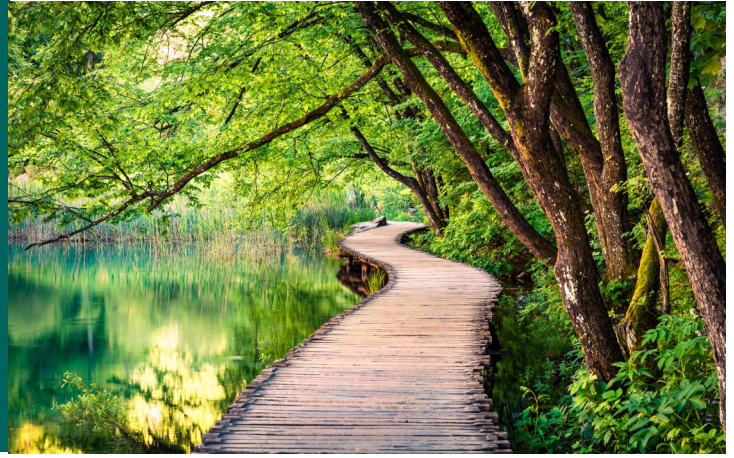
[Click here to join the meeting](#)

Dial in by phone:

+1 213-533-9530,,481169007# United States, Los Angeles



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- **July 2** – *Healthy Grilling: Nutritious BBQ Tips*: Practical tips, delicious recipes, and safe grilling methods for a healthier BBQ experience.
- **August 6**– *Building Your Social Circle*: Strategies for expanding & strengthening personal and professional networks, fostering meaningful connections, and enhancing social well-being.
- **September 3** – *Finding Your Why*: discover core motivations and values to help set purposeful goals and make choices that align with what truly matters to you.
- **October 1**– *Farm to Fork: October Edition*: Nutritious, seasonal foods that are abundant in October. (squash, apples, pumpkins, root vegetables, etc.)
- **November 5** – *Thriving Through the Holidays*: A focused class that provides strategies for managing holiday stress, maintaining health, and finding balance and joy.
- **December 3** – *Winter Ready—Your Health Guide*: Essential tips for boosting immunity, staying active, and maintaining physical and mental well-being throughout the season.

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