

Thriving Thursday Virtual Classes



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

Time: 12:30-1pm

Teams link below to join the classes

- **May 7 (1st Thursday)- Gut Health 101:** Explore how your digestive system, microbiome, and daily habits work together to support your overall well-being. Learn simple, practical ways to improve digestion, boost energy, and nourish a healthier gut.
- **June 11 (2nd Thursday) - Emotional First Aid for Caregivers:** Learn simple, compassionate strategies to recognize emotional strain, respond to stress in healthy ways, and protect your well-being while caring for others. This class offers practical tools you can use anytime to stay grounded, resilient, and supported. Guest speaker David Baez, Behavioral Health.

[Click to join the meeting now](#)

Meeting ID: 268 415 224 437 16

Passcode: oL3xS7T4

Dial in by phone

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