

OCTOBER 20, 2022



HOW TO BOOST IMMUNITY

Learn about tips of healthy ways to strengthen your immune system. Also, learn about what happens with our immune system as we age.

Presented by: Nurse Educator

10/20/2022 | 12:00pm | 1hr

Meeting Number: 2551 463 4830

Meeting Password: Wellness

10/20/2022 | 5:30pm | 1hr

Meeting Number: 2559 432 1382

Meeting Password: Wellness

NOVEMBER 17, 2022



HOW TO INCORPORATE WELLNESS INTO YOUR HOLIDAY SEASON

Learn about how to stay on track with health eating habits over the holiday season. Discover new ways to find balance with eating at holiday parties, approaches for making good food choices while traveling, and tips for cooking your famous holiday dishes with a healthy twist!

Presented by: Registered Dietitian

11/17/2022 | 12:00pm | 1hr

Meeting Number: 2553 343 3877

Meeting Password: Wellness

11/17/2022 | 5:30pm | 1hr

Meeting Number: 2550 112 3785

Meeting Password: Wellness

DECEMBER 15, 2022



THE FODMAP DIET: AN APPROACH TO MANAGE IBS

Learn about the FODMAP (fermentable oligosaccharides, disaccharides, monosaccharides and polyols) diet. This restrictive eating plan is a short-term approach that can be used to identify troublesome foods that may exacerbate irritable bowel syndrome (IBS) and/or small intestinal bacterial overgrowth (SIBO).

Presented by: Registered Dietitian

12/15/2022 | 12:00pm | 1hr

Meeting Number: 2559 372 2582

Meeting Password: Wellness

12/15/2022 | 5:30pm | 1hr

Meeting Number: 2556 006 7502

Meeting Password: Wellness

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