

**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**

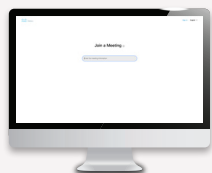
12/15/2022 | 5:30pm | 1hr

**Meeting Number: 2556 006 7502**

**Meeting Password: Wellness**

## EASY TO USE!

Go to: [www.webex.com](https://www.webex.com) & click "Join a meeting" at top. Next, you will be prompted to enter the "Meeting Number" and then "Meeting Password".



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