

2020-21 LIVING WELL WORKSHOP SCHEDULE

ALL WORKSHOPS ARE FREE AND HELD VIA ZOOM.

Living Well with Chronic Conditions (MONDAYS)

November 16th - Dec. 28th
5:00 PM - 7:30 PM

December 14th - Jan. 25th
5:00 PM - 7:30 PM

January 18th - March 1st
9:30 AM - 12:00 Noon

February 15th - March 29th
1:00 PM - 3:30 PM

March 15th - April 26th
5:00 PM - 7:30 PM

April 19th - May 31st
9:30 AM - 12:00 Noon

May 17th - June 28th
1:00 PM - 3:30 PM

Living Well with Diabetes (TUESDAYS)

November 17th - Dec. 29th
5:00 PM - 7:30 PM

December 15th - Jan. 26th
1:00 PM - 3:30 PM

January 19th - March 2nd
5:00 PM - 7:30 PM

February 16th - March 30th
9:30 AM - 12:00 Noon

March 16th - April 27th
1:00 PM - 3:30 PM

April 20th - June 1st
5:00 PM - 7:30 PM

May 18th - June 29th
9:30 AM - 12:00 Noon

Living Well with Chronic Pain (WEDNESDAYS)

November 18th - Dec. 30th
5:00 PM - 7:30 PM

December 16th - Jan. 27th
9:30 AM - 12:00 Noon

January 20th - March 3rd
1:00 PM - 3:30 PM

February 17th - March 31st
5:00 PM - 7:30 PM

March 17th - April 28th
9:30 AM - 12:00 Noon

April 21st - June 2nd
1:00 PM - 3:30 PM

May 19th - June 30th
5:00 PM - 7:30 PM

For more information or to register contact:
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online: <http://www.mcrruralhealthcouncil.org/contact-us>