

2026 SCHEDULE

Wellness Lecture Series:

Every First Tuesday of the Month from 10:00 to 11:00 am

Nutritious Bites Lecture:

Every Third Tuesday of the Month from 10:00 to 11:00 am

Jan 6 New Year's Resolutions

Feb 3 Heart Health

Mar 3 Vision Health

Apr 7 Cancer Prevention

May 5 Arthritis & Joint Health

Jun 2 Alzheimer's & Brain Health

Jul 7 Healthy Aging

Aug 4 Stress Management

Sept 1 Falls Prevention

Oct 6 Mental Health

Nov 3 Chronic Diseases

Dec 1 Loneliness & Isolation

Jan 20 Healthy Eating

Feb 17 Heart Healthy Eating

Mar 17 Protein Power

Apr 21 Eat to Boost Energy

May 19 Hydration & Health

Jun 16 Food Safety

Jul 21 Cooling Foods

Aug 18 Managing Diabetes

Sept 15 Bone Health

Oct 20 Food Interactions

Nov 17 Holiday Eating

Dec 15 Fighting Inflammation

Zoom Information:
Click on the apple
or Scan the QR Code.



**Phone: 1 305 224 1968 Meeting ID: 825
1071 7060 Passcode: 516324**

