

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**

