

Healthy Discoveries Series

Breast Cancer Awareness

What to do About Cold & Flu – Cold & Flu 101

Cholesterol – The Good, The Bad & The Ugly

Diabetes: What's going on?

Healthy Eating on the Run

Keep Your Heart Beating for Life

Stress Management

Nutrition Resolve vs. Resolution

Skin Cancer Awareness

Wellbeing

Cost:
\$250 per class
(each presentation is one hour)

 Healthy Living