

Upcoming Wellness Events

Health Cooking Demonstration

Oct. 20 - 11:30 a.m.-12:30 p.m.

Providence Hall, West Social Room

Making healthy choices while cooking at home can be tough, but it doesn't have to be! Come watch Simon as he prepares an easy, healthy and delicious complete meal using an electric skillet. Plenty of samples will be provide during the demonstration and everyone will leave with a copy of the recipe he prepares. There will be a short Q&A session at the conclusion of the demonstration.

Please RSVP to the HR Department at ext. 3970

Medicare 101

Nov. 3 - 11-11:30 a.m.

Library Community Room

This Medicare presentation is an overview of what Medicare is, how and when to enroll, the benefits of Medicare and what your Medicare options are. Whether you or a family member is eligible, its never to early to learn what Medicare is all about and how it can benefit you and your family.

Eat Your Way To Health

Nov. 11 - 11:30 a.m.-12:30 p.m.

Providence Hall, West Social Room

“Let food be your medicine, and your medicine be food” (Hippocrates, c.460 – c. 370 B.C.) When you feed yourself, you also feed your genes, your brain, and the immune-supporting bacteria in your gut. What you eat has the power to prevent or lessen diseases like diabetes, heart disease and cancer – not just for yourself, but for your children and generations to come. Join us as we take a tasty and healthy tour of how to eat to live! A diabetic friendly lunch will be provided by OLLU.

Please RSVP to the HR Department at ext. 3970

Contact Personalized Prevention if you have any questions about the upcoming events.

Call: 1-800-515-6641

Email: support@personalizedprevention.com

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