



WELLNESS

WEBINAR EVENTS

Eat Well, Be Well Webinar

TUESDAY, MARCH 12 | 3 P.M. – 3:45 P.M.

Nutrition and Fitness Webinar

WEDNESDAY, MARCH 20 | 12:30 P.M. – 1:15 P.M.

Meal Prepping Techniques Webinar

THURSDAY, MARCH 28 | 12:30 P.M. – 1:15 P.M.

**SIGN UP FOR THE WELLNESS
WEBINAR EVENTS TODAY!**

<https://wellableservices.as.me/WMCHealthServices>



**You do not have to participate in the Eat Well, Be Well Challenge to enroll in the Wellness Webinars.*



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Wellness**



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