

January Simply Wellness Virtual Programs

Wellness Wednesday Body Positivity (click or scan to view recording) .Date: 1/10/2024

The way we feel about ourselves and our bodies impacts our daily lives and the way we care for our health. Start the year off right with the Body Positive Model of health and wellbeing. (200 points for viewing recording)

Mindful Monday: Renew & Refresh Yoga Break (click or scan to register) .Date: 1/22/2024

Including a mindful movement break like chair yoga during your day can help you overcome life's stressors.

Wellness Wednesday 10 Tips to a Healthier Heart (click or scan to register)

Dates: 2/14/2024, Time: 12:00 pm – 1:00 pm (200 points)

February is Heart Month. Get empowered to make simple lifestyle changes to lower and manage your risk for heart diseases.

Special Webinar Brain Power: Keep Your Brain Sharp as You Age (click or scan to register)

Date: 2/22/2024, Time: 1:00 pm – 1:30 pm (100 points)

March Simply Wellness Virtual Programs

[Wellness Wednesday Sleep Hygiene Webinar](#) (click or scan to register)

Date: 3/13/2024, Time: 12:00 pm – 12:30 pm (200 points)

It's Sleep Awareness Week! Poor sleep affects our health in so many ways.

12:00 pm – 12:30 pm

May Simply Wellness Programs

Wellness Wednesday: