

Register Today:

Monthly Celebration Seminars

30-Minute Workshops to promote happy, health habits



Join us on the **3rd Tuesday of each month from 4:00 – 4:30** for a new topic celebrating one day from the “National Day Calendar,” promoting healthy habits for the mind and body!

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| January 17th: | The Power of Compliments |
| February 21st: | Random Acts of Kindness |
| March 21st: | Happiness |
| April 18th: | Humor |
| May 16th: | Mental Health Awareness |
| June 20th: | Men's Health |
| July 18th: | Self-Care |
| August 15th: | Friendship |
| September 19th: | Self-Improvement |
| October 17th: | Smile |
| November 21st: | Care for Caregivers |
| December 19th: | Make Up Your Mind |

Learn more and register! [Click here](#)
or scan the QR code

