

VIRTUAL WELLNESS WEDNESDAYS

11:00am

Join in for an online educational topic each week! View the presentation on your computer by clicking the link below, and follow the instructions. Or call in, 470.381.2552 or 470.250.9358 and enter the meeting ID number.

| Title | Date | Link | Meeting ID |
|----------------------------|-------------|-----------------------------------|---------------|
| New-Year Trivia | January 13 | Join Zoom Meeting | 953 0557 2503 |
| Medicare 101 | January 27 | Join Zoom Meeting | 919 5578 3685 |
| Heart Health | February 10 | Join Zoom Meeting | 930 3670 9885 |
| Healthy Cooking Demo | February 24 | Join Zoom Meeting | 952 3048 1104 |
| St. Patty's Bingo & Trivia | March 10 | Join Zoom Meeting | 976 0339 0643 |
| Nutrition | March 24 | Join Zoom Meeting | 923 9060 3851 |
| Dementia Warning Signs | April 7 | Join Zoom Meeting | 950 1282 5037 |
| Medicare 101 | April 21 | Join Zoom Meeting | 987 2685 6830 |
| Health & Fitness | May 5 | Join Zoom Meeting | 961 7597 8169 |
| Walk Campaign | May 19 | Join Zoom Meeting | 917 0989 6261 |
| Medicare 101 | June 2 | Join Zoom Meeting | 992 5339 8440 |
| Summer Bingo & Trivia | June 16 | Join Zoom Meeting | 968 2567 8802 |

For more information:

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This event is only for educational purposes and no plan-specific benefits or details will be shared.



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