



Wellness Wednesdays

4/07/21 Alcohol Awareness

4/14/21 Power of Smiling

4/21/21 STD Awareness

4/28/21 Choose Optimism

5/05/21 Sleep

**5/12/21 Vitamins: Water soluble
vs. Fat soluble**

5/19/21 Stroke Awareness

***Topics are subject to change without notice.**



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