

My Health Matters Meetings

Every Monday Evening ~ 6:30-7:30 P.M.

A time of support and education in a fun and safe environment with guest speakers and discussion.

UPCOMING SCHEDULE

JANUARY



Jan 2, 2023

Happy New Year!
No Meeting



Jan 9, 2023

Health for Me (and You) in '23
— Mona Huff



Jan 16, 2023

MLK Day — No Meeting
Find a way to serve someone



Jan 23, 2023

The Pillars of a Healthier Me —
Mona Huff



Jan 30, 2023

What does Stress have to do
with Health? — Stasha Fowler

FEBRUARY



Feb 6, 2023

Treatment for COVID —
Angela Flint



Feb 13, 2023

Giving and Accepting Love —
Ashley Briggs



Feb 20, 2023

Understanding Healthcare
— Beth Pace



Feb 27, 2023

Establishing Priorities and
Building Focus — Beth Maxendon

Health is contagious!

CONTACT US

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Scan the QR code or visit
www.tinyurl.com/my-health-matters to register.

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