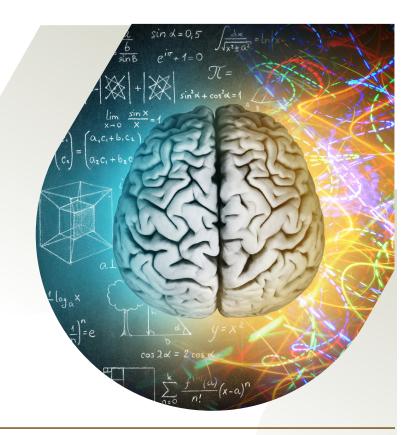


SEPTEMBER: BRAIN HEALTH 2022





September 8
Curious about
Brain Health? Ask a
Neuroscientist!
10:00 – 11:00 a.m. CT
Registration Link



September 22
Mindfulness &
your Brain
with Lacy Wolff
10:00 - 11:00 a.m. CT
Registration Link



September 13
Fitness Connect
Community:
Fitness & Your Brain
10 - 10:15 a.m. CT
Registration Link



September 29
Sleep Well! Understanding
Sleep and Your Brain
with Lacy Wolff
10 - 11:00 a.m. CT

Registration Link



September 21
Journey to Wellness
HealthSelect Benefits
Overview
10:00 - 10:45 a.m. CT

10:00 – 10:45 a.m. C



Virtual Fitness
All MONTH!
Zumba, Yoga, Strength
Training, Posture Reset,
Chair Fitness and more!

Virtual Fitness Calendar Link