

My Health Matters

Monday evenings ~ 6:30 - 7:30 P.M.



August:

Inspiring reverence or admirations; of supreme dignity or grandeur; majestic

Inspired by the meaning of August to feature foods of supreme quality that provide nutrients for the mind and body, Kristen Neises, ARPN, certified lifestyle medicine professional, and Mona Huff, community health specialist, will give a recipe demonstration each week.



August 5, 2024

Berries
Nature's Jewels



August 12, 2024

Leafy Greens
The Green Giants



August 19, 2024

Nuts and Seeds
The Royal Crunch



August 26, 2024

Whole Grains
The Majestic Staples

CONTACT US

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HOW TO JOIN



Scan the QR code or visit
tinyurl.com/v9kcyrc