

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



June 3, 2024

Museum Tour

Chelsea Miceli, MSSW
UofL Trager Institute



June 10, 2024

Laughter Yoga

Jamie Brown
Certified Laughter Yoga Specialist
UK Center for Health Equity Transformation



June 17, 2024

Concert

Jason Parroco
Hospital Specialist
Hosparus Health



June 24, 2024

Tap-Tap

Mona Huff, KCCE, NDCE, KCCHW
UofL Trager Institute

CONTACT US

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HOW TO JOIN



Scan the QR code or visit
tinyurl.com/v9kcyrc