

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



March 4, 2024

Signs You Are Aging Well
Dr. Christian Furman



March 11, 2024

Food As Medicine
Kristen Neises, APRN



March 18, 2024

Walking As Medicine
Mona Huff



March 25, 2024

Spirituality Matters
Jamie Philips, M.Div

Health is contagious!

CONTACT US

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To join the meeting, scan
the QR code or visit
tinyurl.com/v9kcyrce.

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