

# Stay healthy with Well-Being Wednesdays

Well-Being Wednesdays are a series of monthly health education classes designed to help you build your overall physical and emotional well-being while navigating the challenges of COVID-19.



## Summer Safety

Learn about preventive measures and how to recognize the signs of heat-related illnesses to protect yourself and others during the summer.

## Ready, Set, Goal

Learn how to identify a behavior, target and explore motivational strategies, and create habits that stick.

## Flu Awareness

Get the scoop on the latest news with the flu and learn the difference between the flu and a cold. Find out what you can do to prevent both.

### Summer Safety

Wednesday, July 28  
12 - 1 p.m. ET

[REGISTER TODAY](#)

<https://bit.ly/3xtZlpi>

### Ready, Set, Goal

Wednesday, August 25  
12 - 1 p.m. ET

[REGISTER TODAY](#)

<https://bit.ly/3vlf7M>

### Flu Awareness

Wednesday, September 29  
12 - 1 p.m. ET

[REGISTER TODAY](#)

<https://bit.ly/2TFFuu6>