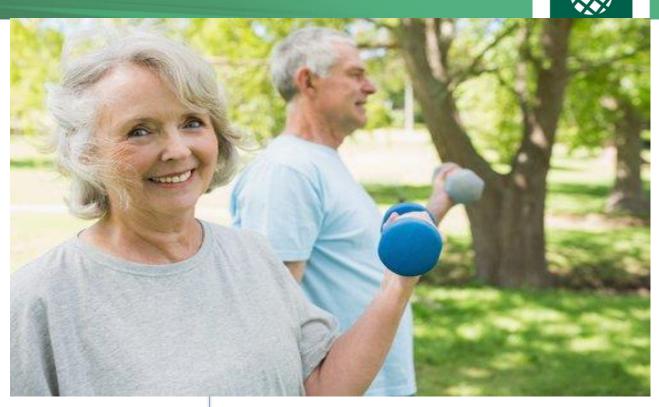
N.E.W. You!



1st and 3rd Tuesday

11:30-1:00 p.m.

Join our Virtual N.E.W. You! Program. We offer support for your overall wellbeing through Nutrition, Exercise, and Wellness. Using Zoom, participants will meet individually with Nutrition, Exercise, and Wellness specialists for 1 -60 minute initial session and 1- 30 minute follow-up session. Topics of discussion will be: fatigue, sleep disturbances, and stress management.

