Coffee & Conversation



A COMMUNITY HEALTH EDUCATION SERIES

HOSTED BY **BEVERLY MELTON, RN**

EDUCATE. EMPOWER. LIVE WELL.

Join Beverly Melton, RN, for monthly discussions focused on health, wellness, and healthy aging. Learn practical tips, ask questions, and connect with others in a welcoming environment.

Light refreshments will be served!

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY
BONE DENSITY & OSTEOPOROSIS PREVENTION	BREAST CANCER PREVENTION, SCREENING & SURVIVORSHIP	UNDERSTANDING DIABETES & PREDIABETES	MENTAL HEALTH & EMOTIONAL WELL-BEING	NUTRITION FOR LIFELONG HEALTH

FEBRUARY	MARCH	APRIL	MAY
HEART HEALTH: KNOW YOUR NUMBERS	MEN'S HEALTH: STRONGER TOGETHER	SLEEP APNEA: THE HIDDEN HEALTH RISK	SUN & SKIN SAFETY: PROTECT TODAY, THRIVE TOMORROW

Mark your Calendar!

FIRST FRIDAY OF THE MONTH AT 12:30 PM

WELCOME CENTER

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https://lakelandhillsymca.com/

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