

# 2025 Wellness Webinar Series



**Wednesday**  
**March 19**  
**Noon – 1:00 p.m.**

## **The Weight of Health: Balancing Obesity, Body Neutrality, and Disease Prevention**

Join us as we examine the health impacts of obesity, discussing how body neutrality can play a crucial role in long-term wellness. This session will focus on empowering individuals to manage their health while reducing risks of cancer and heart disease.

**PRESENTER:** Ana Hernandez, Program Manager, Health and Wellness

 **REGISTER HERE** for webinar series.

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Our wellness webinars provide guidance in enhancing your well-being and support your successful journey to better health.