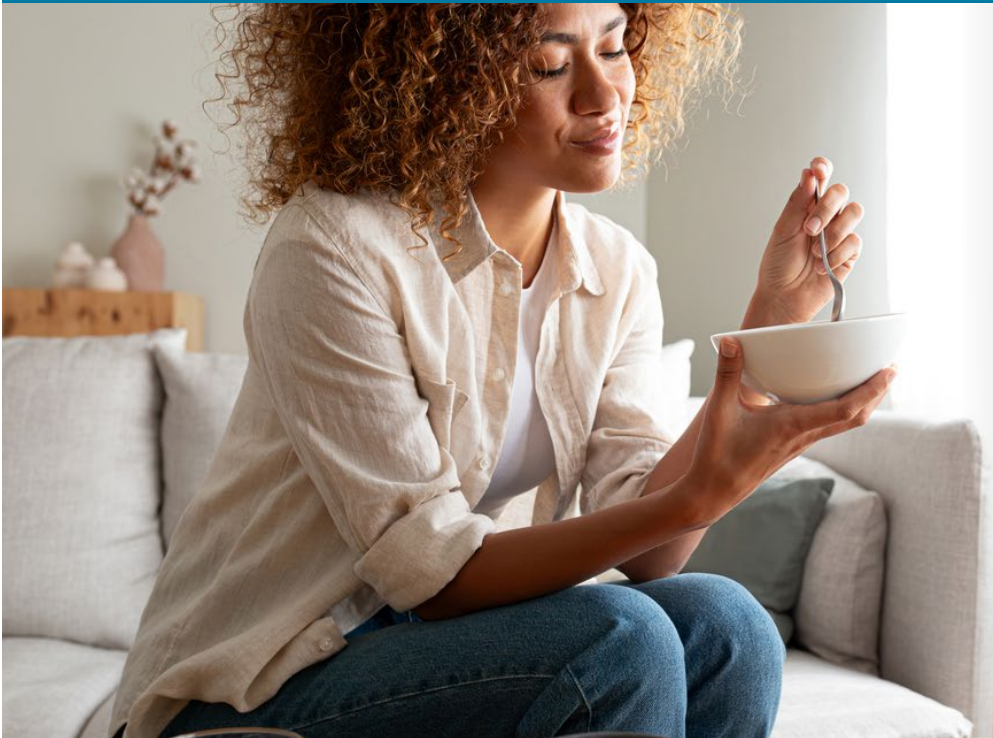


2025 Wellness Webinar Series



Wednesday
May 21
Noon – 1:00 p.m.

Food for Thought: Nutrition's Role in Mental Health

Uncover the strong correlation between diet and mental health, focusing on the ways nutrition can boost mood, cognitive function, and overall emotional well-being. Gain insights into leveraging diet to support mental health and resilience.

PRESENTER: Paige Kinucan, Program Manager, Health and Wellness



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