



# Virtual Education

## Hydration Challenge

**Monday, July 7–Monday, August 4**

Boost your hydration this summer with our Hydration Challenge. This weekly challenge will bring awareness to your hydration habits through tracking water intake as well as tips to hydrate in a healthy way.

## Men's Whole Person Health Challenge

**July 7–August 15**

Your health is your greatest asset—so why not make it a priority? The Men's Whole Person Health Challenge is designed to help men take a proactive approach to well-being by focusing on common health concerns, exercise, nutrition, sleep, mental health, and goal setting for long-lasting change.

## Women's Whole Person Health Challenge

**July 7–August 15**

Your health is your foundation—let's make it stronger! The Women's Whole Person Health Challenge is designed to help women take a proactive approach to wellness by focusing on common health concerns, exercise, nutrition, sleep, mental health, and creating a motivating action plan for lasting self-care.

## Defend & Detect: Guide to Skin Cancer Prevention

**Wednesday, July 9**

**5:30–6:15 pm**

Skin cancer is the most common type of cancer—but the good news? It's also one of the most preventable. In this eye-opening presentation, we'll explore key risk factors, early warning signs, and practical strategies to help safeguard your skin and overall health.

## Plant Forward Diets

**Friday, July 18**

**12–1 pm**

This cooking presentation, in collaboration with Cornell Cooking Extension, will teach you more about cooking meals centered on plants, without sacrificing taste.

## Understanding Cholesterol

**Wednesday, July 23**

**12:30–1 pm**

Learn how to interpret cholesterol tests, recognize warning signs, and make simple, effective changes to support heart health. Take charge of your well-being with practical strategies you can start using today!

## Lavender: The Soothing Herb

**Tuesday, July 29**

**12–12:45 pm**

Learn the benefits of lavender for relaxation, stress relief and sleep support, and the ways to use this herb in teas, sachets, and aromatherapy for a calming effect.

## Debt Knockout

**Wednesday, July 30**

**12–1 pm**

Provided in partnership with Broadview Federal Credit Union- Join us to learn how to tackle your debt, step-by-step – and manage your credit in the future.

## Consciously Breathe to Manage Blood Pressure

**Thursday, July 31**

**12–1 pm**

Learn how conscious breathing can be one of your most effective tools for cardiovascular health. You'll discover how slow, intentional breaths can activate your body's relaxation response, a key player for lowering blood pressure.

## **15-minute Breath Breaks to Support Healthy Blood Pressure**

**Wednesdays, August 6–27      12:30–12:45 pm**

Studies show that the more time you practice conscious, slow breathing, the greater the reduction in blood pressure. Each breath break, you will be guided through slow breathing techniques to help you manage your blood pressure.

## **Stress Management**

**Thursday, August 7      5:30–6:15 pm**

Join us for this presentation on stress and the techniques to reduce its impact on your health.

## **Feeding in the First Year**

**Tuesday, August 12**

**12–1 pm**

This virtual program for parents and caregivers covers when babies are developmentally ready to start eating solid foods, safe food introduction, and essential food safety practices. Participants will review infant choking protocols and CPR with Emergency Medical Instruction and Consulting (EMIC), ensuring you're prepared for emergencies. With expert guidance, you'll gain confidence in supporting your baby's nutrition and early growth.

## **Building Resilience with Mindfulness and Emotional Flexibility**

**Thursday, August 14**

**12–1 pm**

This session focuses on building resilience by developing mindfulness and emotional flexibility. Participants will learn practices such as breath work, staying present, and reframing challenges to enhance self-awareness, acceptance, and inner calm.



## **Watch Anytime, Anywhere, New On-Demand Videos!**

Explore our collection of on-demand videos—featuring guided meditations, energizing fitness classes, and educational webinars.

