

## **MARCH GROUPS**

### **Wednesday, March 2<sup>nd</sup>: All about Allergies at 5PM**

It's that time of the season again. This group will focus on what Allergies are, the signs and symptoms of most common allergies and what you can do to feel better.

Join Zoom Meeting

<https://us06web.zoom.us/j/85095099387?pwd=RWx2Y0xjNTE1d1RGM0RBSUN2ODRndz09>

Meeting ID: 850 9509 9387

Passcode: Groups

### **Monday, March 7<sup>th</sup>: Oral and Dental Health at 5PM**

The oral and dental care group focus on the importance of oral hygiene and wellbeing and health. The group reviews oral care, how to brush one's teeth and how to use dental floss, and when to go to the dentist. The group will learn about the signs and symptoms of mouth issues and when to go see the dentist. We will review the importance of flossing your teeth and how to do it.

Join Zoom Meeting

<https://us06web.zoom.us/j/85860528090?pwd=cEFFdGpVaU5ZUzRLZHFjL3pSUmNOUT09>

Meeting ID: 858 6052 8090

Passcode: Groups

### **Saturday, March 12<sup>th</sup>: Learn about Diabetes at 2PM**

Learning About Diabetes group we will focus on how our body turns food into energy, what Diabetes is, the different types of Diabetes and what causes it. We will discuss healthy eating, serving size portion sizes and counting carbs. We will also discuss what we can do to reduce our risk of getting diabetes or improving our health if you already have Diabetes.

Join Zoom Meeting

<https://us06web.zoom.us/j/85860528090?pwd=cEFFdGpVaU5ZUzRLZHFjL3pSUmNOUT09>

Meeting ID: 858 6052 8090

Passcode: Groups

### **Sunday, March 13<sup>th</sup>: Healthy You, Healthy Lives: Mind/Body Connection at 2PM**

**New group!** Learn about how your mind and body works together. We will discuss how the body reacts to stress and negative thoughts and how you can promote more positive thoughts for better health. We will review the 6 things you can do to start feeling better now.

Join Zoom Meeting

<https://us06web.zoom.us/j/86264611645?pwd=WU9VVnc1MHdrVVR6TGpGYUxoNnN3QT09>

Meeting ID: 862 6461 1645

Passcode: Groups

**Wednesday, March 16<sup>th</sup>: Healthy Weight Loss Group at 4:30 PM**

Healthy approach to weight loss will focus on calculating your BMI, causes of being overweight and how to lose weight in a healthy way. We will discuss food portion, types of food to eat, and how sleep, stress and physical exercise plays an important role in your weight. Handouts are attached. Group learning and discussion.

Join Zoom Meeting

<https://us06web.zoom.us/j/82033563443?pwd=ZnRYMXF4U1RXc09qdkNucVlBdXZkZz09>

Meeting ID: 820 3356 3443

Passcode: Groups

**Thursday, March 17<sup>th</sup>: Women's Health Group at 4:30 PM**

Women's health group focuses on the importance of screening for women and how that can reduce the risk of getting an illness. The group discusses the importance of taking care of yourself and promoting your own health.

Join Zoom Meeting

<https://us06web.zoom.us/j/89858504574?pwd=NIpmZmRzTDlyMmo4cmd2QkdvZ0dVUT09>

Meeting ID: 898 5850 4574

Passcode: Groups