
2024 Wellness Webinar Replay Links

Health & Wellness –

- [Heart Health w/ Amy Couvillion, RN \(Ascension St. Thomas\)](#)
Passcode: 53u\$uYiD
- [Beyond the Table w/ Kara Miller, Dietician \(Kroger\)](#)
Passcode: 4xiX8?Tc
- [Stress Management Tips w/ Nichole Hollinsworth \(AST\)](#)
Passcode: hfz*^6v@
- [Practical Tips for Mental Health Management w/ Nichole Hollinsworth \(AST\)](#)
Passcode: RZD9SE%X
- [Men's Health w/ Dr. Erick Hernandez-Campos](#)
Passcode: ^3Y97rKF
- [Ergonomics w/ Chris Scoma \(Results Physiotherapy\)](#)
Passcode: @47&vVsx
- [Medicare 101](#)
Passcode: s%C#d42p
- [Local Plus Network Informational](#)
Passcode: #k9t3uSZ
- [Long-term Care](#)
Passcode: WrY6!#k2
- [Diabetes Awareness w/ Dr. Erick Hernandez-Campos](#)
Passcode: c20@xVd?