

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

Financial Wellness w/ Regions Bank –

- [Smart Money Habits](#)
- [Know Your Credit Score](#)