



WISE
AND
Well

Virtual
**HEALTH
FAIR**

**September
29**

Join us for a **FREE** *Virtual* **HEALTH FAIR** designed to encourage healthy lifestyles, prevent and manage disease. Attend all of the sessions, or the ones that are right for you!



Learn about the importance of mental health, being active, financial security and much more.



Join us virtually on Wednesday, September 29, 2021

Mental Health is Retirement Wealth

Dr. Shannon Stromberg, PHS

Taking care of your health is always important. Learn about the impact of mental health on your overall wellness and on your pocketbook as well.

9:00 - 9:45 a.m.

Small Changes Reap Big Health Rewards / Silver Sneakers

Plant-Based Diets And The Gut / Good Measures®

10:00 - 10:30 a.m.

CHOOSE ONE TO ATTEND

Music And Movement

Megan Merchant, Health Coach

10:30 - 11:00 a.m.

Overcoming The Top 5 Financial Risks In Retirement

Jocelyn Black Hodes, Financial Planner

11:00 - 11:30 a.m.

Eat An Apple A Day Cook-Along

Ana Hernandez, Registered Dietitian and Health Coach

11:30 a.m. - 12:30 pm



[REGISTER HERE](#) for the Virtual Health Fair.

Once registered, you will receive a confirmation email, as well as the Cook-Along recipe.

After attending, you will receive a goodie bag in the mail.

Make sure you add your address in the registration.

Questions? Visit NMRHCA website at <https://www.nmrhca.org/>, or email NMRHCA.wellness@phs.org