



WISE AND Well Virtual HEALTH FAIR

MAY -23-



Join us *virtually* on Tuesday, May 23rd

Four Things to Expand Your Healthspan

Dr. Bethany Kolb, Gynecologist and certified menopause provider

9:00 - 9:55 a.m.

DOOR PRIZES/BATHROOM BREAK

Critical Junctures: Financial Wellness for Longevity / Jose Sanchez

Achieving Mental Wellness As We Age / Kathleen Cameron-NCOA

10:05 - 10:35 a.m.

CHOOSE ONE TO ATTEND

DOOR PRIZES/BATHROOM BREAK

Protecting Yourself from Medicare Scams, Fraud and Abuse / Kelley Dickerson

Strength Training Essentials w/Silver Sneakers / Katy Molina

10:45 - 11:15 a.m.

CHOOSE ONE TO ATTEND

DOOR PRIZES/BATHROOM BREAK

Boosting Mental Health Through Sharing Life Experiences

Paige Kinucan, Program Manager, The Solutions Group

11:30 a.m - 12:10 p.m.

A Nourishment Story...How Food Shapes Our Day

Ana Hernandez RD, Program Manager, The Solutions Group

12:10 - 12:50 p.m.

THANK YOU AND WRAP UP



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

Upon registering, you will be prompted to share your life experience. This is optional, but will enhance your health fair experience by sharing with others. After registering you will receive a confirmation email with the link to join the event. After attending, you will receive a goodie bag sent to the address you provide at registration.



SCAN ME

Questions? Visit NMRHCA website at www.nmrhca.org/spring_2023_health_fair/, or email NMRHCA.wellness@phs.org