

Connect for Well-Being

Connect for Well-Being is a way for you to build connections with others and get tips for living a healthy life. Each week will be focused on a different topic to help you on your journey to better health.

6 Week Series:

Session 1: Thursday, March 25

Stress Management and Building Resilience

Session 2: Thursday, April 1

Eating for Wellbeing

Session 3: Thursday, April 8

Got Sleep?

Session 4: Thursday, April 15

Growing Gratitude

Session 5: Thursday, April 22

Creating Kindness

Session 6: Thursday, April 29

Laughter for Life



Time: 10:00 - 11:00 a.m

Location: Online,
HIPAA Secure Zoom

Facilitated by Collette Colucci, Family Pathways Community Outreach/Educator & Karla Patrick, Community Health Program Specialist - Cambridge Medical Center, part of Allina Health

To register or for more information

call Collette at 651.257.7905 or email collette@familypathways.org

All participants must have audio and visual technology capabilities