Bridgette Sims, RN - ZOOM Class Schedule

Tuesday's from 10-11 a.m. CST starting July 21th

Call 314-452-7887 to Register

7/21 - Live, Laugh, Love: Ways to Stay Strong Mentally During A Crisis
Challenging times can have a serious impact on our mental health. In this informative workshop you will discover essential activities necessary for optimal mental health during a crisis.

7/28 - Home Sweet Home: Creating a Peaceful Home Environment
A peaceful home environment helps when navigating stressful times. Discover ways to help make your home your sanctuary.

8/4 - Shake, Rattle and Roll: Home-Based Activities to Keep You Moving
During COVID-19 precautions, being active at home can be fun! Learn things you can do to keep moving, safely.

8/11 - Eating Healthy During the COVID-19 Pandemic
In this informative workshop learn why eating healthy is more important than ever during the COVID-19 pandemic. Discover ways to make shopping easier and learn simple meal planning and cost savings tips.

8/18 - The Mind-Body Connection: How Your Emotions Affect Your Health
Your body responds to the way you think, feel, and act. The way you feel physically affects your mind and emotions. Learn more about the relationship between your emotions and your physical health in this informative workshop.

8/25 - Ask the Pharmacist: Taking Medication, the SAFE Way!
For many people, the use of medication is necessary to maintain good health. In this informative workshop presented by an Rx Outreach Pharmacist learn about the general risks and benefits of medication therapy and ask questions YOU have about prescription and over-the-counter medications.