



Health & Wellness OUTREACH

Empowering our community through education



ZOOM Class Schedule

Tuesday's from 10-11 a.m. CST starting September 15th

Call 314-452-7887 or email bridgette.sims@rxoutreach.org to register

9/15 – HEART AND SOUL - HOW SPIRITUALITY AFFECTS YOUR HEALTH

Your spirituality is an essential part of your health and well-being. In this class, you will discover how research has identified the link between health and spirituality and learn how to integrate your spiritual beliefs in your healthcare management.

9/22 – NUTRITION FOR BRAIN HEALTH

Do you know which foods enhance brain health? Learn more in this informative class.

9/29 - NUTRITION BINGO

Experience a fun way to learn about nutritious foods and healthy eating. It's BINGO with a twist!

10/6 – WHAT'S UP DOC? - MAKING THE MOST OF YOUR HEALTHCARE VISIT (IN-PERSON, VIRTUAL OR BY TELEPHONE)

Research shows patients get 18 minutes on average with their primary care doctors at each visit. Making the most of that time is more important than ever! Discover how to prepare.

10/13 – ERASING THE STIGMA: LET'S TALK ABOUT MENTAL HEALTH

We'll examine stigmas related to mental health and discover how to dispel them.

10/20 – BLOOD SUGAR: WHAT EVERYONE NEEDS TO KNOW

If you or a loved one has diabetes or you simply want to know more – this class is for you.

10/27- RELAXATION TO REDUCE STRESS THROUGH MASSAGE THERAPY

Learn about the benefits of massage therapy and practice exercises you can do at home.