



**Health & Wellness
OUTREACH**

Empowering our community through education



**ZOOM Class Schedule
Tuesday's from 10-11 a.m. CST**

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

11/10 – ROCK-A-BYE BABY! TIPS FOR GETTING GOOD SLEEP

Getting a good night's rest is important for physical and mental health. In this class we will discover how to create a sleep-inducing bedroom, craft a bedtime routine and foster pro-sleep habits during the day.

11/17 – BABY IT'S COLD OUTSIDE! STAYING SAFE DURING COLD WEATHER

A big chill can turn unto a dangerous problem before a person realizes what is happening. In this class we will review what health conditions may make it hard to stay warm, learn cost-savings tips to stay warm at home and discover the best way to dress for the cold when going out.

11/24 – FALL BINGO

Experience a fun way to review the wonders of fall!

12/8 - NUTRITION FOR HEALTHY EYES

Common age-related eye problems include, glaucoma, dry eyes, macular degeneration and cataracts. Age sometimes brings changes that weakens vision and eyes, but there are nutritional ways to help maintain lifelong eye and overall health.

12/15 – MENTAL HEALTH BINGO

We'll review mental health during this session. Learn and have fun!

12/22 – CELEBRATING THE HOLIDAYS DURING COVID-19

You can still have meaningful celebrations this year, even if you modify your usual plans. Discover fun tips to try.