



Health & Wellness **OUTREACH**

Empowering our community through education



February 2021 ZOOM Class Schedule Tuesday's from 10-11 a.m. CST

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

February is American Heart Month

February 2: "Does that really work?" Common Health Myths

"An apple a day keeps the doctor away."

"To be healthy, you should drink eight glasses of water a day."

Join us as we review which common health myths are true and which have no actual basis in fact. The results may surprise you!

February 9: Eating Smart for a Healthy Heart

Heart disease is the leading cause of death for both men and women. In this informative workshop:

Learn why eating healthy is more important as we get older

Discover ways to eat heart healthy on the go

Learn five simple changes you can make today

February 16: Controlling Your Cholesterol

One in six Americans has high cholesterol. Keeping cholesterol levels in normal range is important for people at all ages. Join us as we:

Review why it is important to have controlled cholesterol levels

Understand the effect high cholesterol has on the body

Discover lifestyle changes for lowering cholesterol

February 23: Seven Ways to Promote Mental Health

What are you doing to keep your mind healthy?

In this informative workshop we will examine what a healthy mind looks like and you will discover seven essential activities necessary for optimal mental health.