Southwestern community college- On Site Events

Provided by Harris Regional Hospital

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Month: | Events offered: | Event description: | Date: | Location & Time: | | **january** | Wellness Screening | Screening will include Total Cholesterol, Blood Glucose, Blood Pressure, Height, Weight & Health Risk Assessment. This will take 10 minutes. | Wednesday 27th | Burrell 102D  8 a.m. – 4 p.m. | | **february** | Education Session | Nutrition - Healthy Meal Planning | Wednesday 10th | Burrell 102A  12-12:30 p.m. | | **march** | Education Session | Physical Activity- SMART GOALS | Tuesday 8th | Burrell 102A  12-12:30 p.m. | | **april** | Education Session | Stress Management- Tools & Tips | Tuesday 5th | Burrell 102A  12-12:30 p.m. | | **may** | Education Session | Emotions- Building Self- Confidence | Tuesday 3rd | Burrell 102A  12-12:30 p.m. | |  |