

NHRMC Healthy Lifestyles Plan

2021 Special Guest Presentations

Each member of the plan is required to attend 1 (one) Special Presentation each year

Special Guest Presentations		
February 11, 2021 Wednesday	Journey to a Healthier Lifestyle (New & Improved HLP Program)	Zoom presentation 12:00 PM-1:00 PM
March 16th, 2021 Tuesday	Complications of Diabetes and Hypertension, plus the importance of getting regular check-ups Victoria Shearin, PharmD	Zoom presentation 8:00-9:00am https://www.eventbrite.com/e/complications-of-diabetes-and-hypertension-importance-of-check-ups-tickets-145572117121
April 21, 2021 Wednesday	Preparing for Surgery: Tips for Optimizing Your Health Hollis Ray, MD	Zoom presentation 11:30-12:30 pm https://www.eventbrite.com/e/preparing-for-surgery-tips-for-optimizing-your-health-tickets-145572476195
May 13, 2021 Thursday	Healthy Lifestyles Coaching Mary DiCostanza	Zoom presentation 8:00-9:00am https://www.eventbrite.com/e/healthy-lifestyle-coaching-tickets-145572644699
June 2021	No class this month	Enjoy the summer
July 2021	Halfway Thru- How are You? Reminders of what is due by 7/31 and Q&A for team???	TBA
August 2021	Chiropractic Wellness and You Presented by Dr. Anthony Giacalone Atlantic Coastal Chiropractic	TBA
September 2021	TBA	TBA
October 2021	TBA	TBA
November 2021	Getting Ready for the Holidays Mind*Body*Spirit Healthy Lifestyles Team	TBA
December 2021	No class this month	Enjoy the Holiday