



2017 Schedule

| <i>Date</i> | <i>Speaker</i> | <i>Topic</i> | <i>Sponsor</i> |
|--------------|--|--|----------------|
| January 12 | Jessi Culyer Arbonne | <i>Healthy Living from the Inside Out</i> | - |
| February 9 | Patti Jackson American Cancer Society | <i>Stay Healthy America</i> | - |
| March 9 | Mary F. Baker Cancer Survivor & Cancer Specialist | Colorectal Cancer: Preventable, Treatable, Beatable | - |
| April 13 | Mary Wallace Founder and Health Coach at Mary Wallace Wellness | 3 Secrets to Healthier Lunches | - |
| May 11 | Charlene Eshleman Make Green Go Green | Toxicity and Safety of Household Products | - |
| June 8 | Wellness Fair | - | - |
| July | Wellness Team Takes A Break | | |
| August | | | |
| September 14 | Srinivasa Tupurani Mediation & Meditation exercise | <i>Meditation</i> | - |
| October 12 | Dr. Dennis Spurrier | <i>Integrating Exercise into Your Routine</i> | - |
| November 9 | Panel FeedMore, Salvation Army & SPCA | TBA Stay Tuned! | - |
| December 14 | Tina Thomas Alzheimer's Association | TBA Stay Tuned! | - |