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 102D8 a.m. – 4 p.m. |
|  **february** | Education Session | Nutrition - Healthy Meal Planning  | Wednesday 10th | Burrell 102A12-12:30 p.m. |
| **march** | Education Session  | Physical Activity- SMART GOALS  | Tuesday 8th | Burrell 102A12-12:30 p.m. |
| **april** | Education Session  | Stress Management- Tools & Tips | Tuesday 5th | Burrell 102A12-12:30 p.m. |
| **may** | Education Session  | Emotions- Building Self- Confidence  |  Tuesday 3rd | Burrell 102A12-12:30 p.m. |

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