



Wellness Information and Events

February 2022

National Heart Health Month

High blood pressure control is within your reach. Use these resources to talk to your health care team about how to reach your control goal. You've got this! #HeartMonth <https://bit.ly/2TPde6k>

5 Surprising facts about High Blood Pressure:

https://www.cdc.gov/bloodpressure/5_surprising_facts.htm

Health Screening-Saturday, February 19th 8:00-9:15am

BLaST IU 17, 2400 Reach Rd, Williamsport

2 Important things to note about the screenings

- 1. You must be masked**
- 2. You must fast for 12 hours**
- 3. To register click the link: <https://upmchealthypartners.as.me/LCIC>**

This screening and March 26th are the last two Saturday opportunities for health screenings.

Platinum Health Courses-Mark Your Calendars

Go to health.iu17.org to Register

Monday, January 31st, 6-7pm-Mindful Meditation,

Class will be on zoom. 30 minutes of class followed by 30 minutes of Mindful practice

Tuesday, February 8th 5:30-6:30 Gut Health with Dr. Solley

Dr. Solley helps to explain how gut health helps with inflammation in the entire body

Thursday, February 17th, 5-6pm, Nutrition Basics with Carmen Terry

Eating quality foods can help your body function properly, learn what those foods are without breaking the bank and sample some new foods in this course.