



Wellness Information and Events

January 2022

Happy New Year!

Health Screening-Saturday, January 15th 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**

Platinum Health Courses-Mark Your Calendars

Go to health.iu17.org to Register

**Thursday, January 13th 6-7pm, Cooking with Carnie,
Butternut Squash Risotto with Shrimp.**

**Monday, January 31st, 6-7pm Mental Health Series
with Dr. Lindsay Sauers**

Lose Weight with 8 Course

With Rose Trevouledes, Registered Dietician

Learn how to lose weight in a safe and effective manner eating whole foods.

January 12th-March 2nd, 4:45-5:45pm

Information session Wednesday January 5th 4:45-5:45

To Register, contact Carmen Terry-cterry@iu17.org