



Wellness Information and Events

April 2022

Lose Weight with 8 Course

With Rose Trevouledes, Registered Dietician

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

April 13th-June 1st, 4:30-5:30pm

Information session Wednesday April 6th, 4:30pm

To Register, contact Carmen Terry-cterry@iul7.org

Cost: \$180.00

LCIC Health Courses

Stress Management– Thursday, April 7th, 5:30-6:30pm, Dr. Solley will explain how stress is created, what it does to the body and how you can turn it around. LIVE

To register, click here: <https://www.elnrn.org/Register.aspx?ScheduleID=5302>

Mental Health Series with Dr. Lindsay Sauers

Tuesday, April 19th, 6-7pm, Mental Health 101-What truly is mental health, signs and symptoms of common mental health issues and how we can help ourselves and others to manage and improve issues with mental health. LIVE

To register click here: <https://www.elnrn.org/Register.aspx?ScheduleID=5301>

Last Health Screening-Penn College Venue

Thursday, April 21st 7am-11:00am

Penn's Inn, College Campus Center

To register click here: <https://upmchealthypartners.as.me/LCIC>