

Date	Speaker	Topic	Room
January 20, 2021	Julia Zumpano RD, LD	Starting Off the Year Right, Meeting Health and Nutrition Goals	Lerner, NA5-08
February 17, 2021	Rose Hosler RN, BSN	Benefits of Reiki	Lerner, NA5-08
March 17, 2021	Eric Zatchok	Exercise Science	Lerner, NA5-08
April 21, 2021	Rachel Sray	Stress Management and Creating Wellness	Lerner, NA5-08
May 19, 2021	Brittany Guilmette	Mental Well- Being/ Clarity Program	Lerner, NA5-08
June 16, 2021	Officer Derrick Dark	Caregiver Safety	Lerner, NA5-08
July Summer Break			
August Summer Break			
September 15, 2021	John Eppich	Financial Wellness	Lerner, NA5-08
October 20, 2021	Erin Calvey	Mindfulness and Self Help	Lerner, NA5-08
November 17, 2021	Ashley Neuman, PCC-S	Work-life Balance and Managing Stress	Lerner, NA5-08
December 15, 2021	Lisa Burnett, RD	Healthy Holiday Eating Tips	Lerner, NA5-08