



Register for Healthy Directions Wellness Classes

Click the sign up here links below to read the class descriptions and to register

All classes will meet virtually on Microsoft Teams

Well Together Diabetes:

Date: Tuesdays, starting January 11th, 2022

Time: 4:00 pm-4:30pm **Sign up** [HERE](#)

Taming Tension: Morning Meditation:

Date: Thursdays, starting January 13th, 2022

Time: 8:30am-9:00am **Sign up** [HERE](#)

Heart Health:

Date: Wednesdays, starting January 12th, 2022

Time: 7:30am-8:00am **Sign up** [HERE](#)

Sleep Well:

Date: Fridays, starting January 14th, 2022

Time: 12:15pm-12:45pm **Sign up** [HERE](#)

Plant Based Eating :

Date: Wednesdays, starting January 12th, 2022

Time: 12:00pm-12:30pm **Sign up** [HERE](#)

Taming Tension: Stress Busters:

Date: Mondays, starting January 24th, 2022

Time: 11:00am-11:30am **Sign up** [HERE](#)

Renewed Balance 2.0:

Date: Wednesdays, starting January 12th, 2022

Time: 3:30pm-4:00pm **Sign up** [HERE](#)

Fitness 101: Total Beginners Guide:

Date: Tuesdays, starting January 25th, 2022

Time: 1:00pm-1:30pm **Sign up** [HERE](#)

Meal Prep:

Date: Thursdays, starting January 13th, 2022

Time: 11:30am-12:00pm **Sign up** [HERE](#)

Mindfulness Based Stress Reduction (MBSR):

Date: Tuesdays, starting January 25th, 2022

Time: 4:00pm-4:30pm **Sign up** [HERE](#)

Can't make it to a class? Need some individualized advice?

Sign up for wellness coaching, a nutrition consult, or one of our other services [HERE](#)

Completion of a 6-week program earns 10,000 points and 12-week program earns 20,000 points towards DIY Health Tracks.