



2020 HEALTH & WELLNESS SEMINARS

Taking Charge of Your Health Through Education

All seminars are FREE and do not require registration.

Health and Wellness Seminars are created for individuals interested in improving their wellbeing through education on current healthy lifestyle topics.

Individuals with chronic medical conditions as well as those who simply want encouragement and accountability to continue healthy behaviors can benefit from these presentations.

For special arrangements for a disability or further information, please call **405-307-5730**

**** PLEASE NOTE: June and September Seminars will meet at alternate locations**

DATE	TOPIC	LOCATION
February 18 th	Follow Your Heart....to Health <i>Heart Health Fair from 5:30pm – 7:30pm</i>	Norman Regional Education Center – 901 N. Porter, Norman
April 21 st	The Study of Snoozing <i>Seminar from 6:00pm -7:00pm</i>	Norman Regional Education Center – 901 N. Porter, Norman
May 6 th	Different Strokes for Different Folks <i>Stroke Health Fair from 5:30 pm – 7:30pm</i>	Norman Regional Education Center – 901 N. Porter, Norman
June 16 th	The Weight Loss Journey** <i>Seminar from 6:00pm -7:00pm</i>	The Journey Clinic 2821 36 th Ave. NW, Suite 200, Norman
September 15 th	Beyond “Blue”** <i>Seminar from 6:00pm -7:00pm</i>	Norman Regional Moore 700 S. Telephone Rd., Moore
October 20 th	Listen to Your Gut <i>Seminar from 6:00pm -7:00pm</i>	Norman Regional Education Center – 901 N. Porter, Norman
November 17 th	Diabetes Health Fair <i>5:30pm – 7:30pm</i>	Norman Regional Education Center – 901 N. Porter, Norman

Meeting topics are subject to change based on the presenter’s schedule and community needs.



**NORMAN
REGIONAL**
Health System