

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 "Nourish Your Skin" – 1:00pm, bit.ly/nourishyourbodywebinars	5	6
7	8 "Mindful Monday – Steps to Improve Brain Health: Diet & Exercise" – Noon, Facebook Live*	9	10	11 "Nourish Your Bones & Joints" – 1:00pm, bit.ly/nourishyourbodywebinars	12	13
14	15 "Mindful Monday – Steps to Improve Brain Health: Sleep & Stress Management" – Noon, Facebook Live*	16	17	18 "Nourish Your Brain" – 1:00pm, bit.ly/nourishyourbodywebinars	19	20
21	22 "Mindful Monday – Steps to Improve Brain Health: Challenging Your Mind & Social Interaction" – Noon, Facebook Live*	23	24	25 "Healthwise for Guys" – 1:00pm, bit.ly/nourishyourbodywebinars (Women welcome!)	26	27
28	29 "Mindful Monday – Steps to Improve Brain Health: Invest in Your Health" – Noon, Facebook Live*	30				

UPCOMING PROGRAMS

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For questions, call 533-0554 or email
fink24@purdue.edu

*Facebook Live programs can be found
 under "Events" on our Facebook Page at:
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