

Register Today!

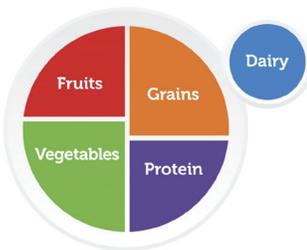
Bē[®] fit
Bē[®] inspired
Bē[®] healthy

St. Joseph's/Candler is proud to provide both the Heartwood community and residents of Richmond Hill access to health and wellness seminars in The Outfitters at Heartwood.

For more information regarding lecture topics and dates, please see below.

Upcoming Seminar Dates: April and May

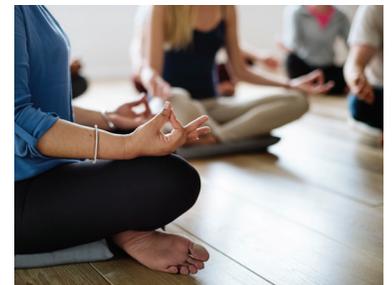
April 6, 2023



Losing Weight with MyPlate! Learn about this simple and sustainable approach designed to help you learn how to eat a healthy diet, live an active lifestyle and maintain or gradually move in the direction of a healthy weight, reducing the risk of weight-related diseases. *Presented by Julia Babos, RDN, LD*

May 4, 2023

Mindfulness for Mental Health! Emotional regulation can be likened to stopping a train—it works better if you can stop before the train (your emotions) starts rolling too fast. Mindfulness lets you know right away that you need to stop and keeps thoughts and emotions from interfering. You'll be provided with a variety of techniques used to 'stop the train' or at least slow it down. *Presented by Sarah Hanson, MPH, CHES, Certified Mindfulness and Health & Wellness Coach*



Additional Seminar dates can be found on our fitness calendar:
www.sjchs.org/behealth-fitness



Register through the BeHealth App. Don't have the app? Visit
www.sjchs.org/be-health-app to download from the App Store or Google Play.

Contact the Bē Health & Well-Being Navigator at
912-675-0524 or BeHealth@sjchs.org with any questions.

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HEALTH & WELL-BEING
AT RICHMOND HILL



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