



Join <https://careatc.org/wellnesswebinar> for Wellness Wednesday!

July

Arthritis Wednesday, 7/13/22, 2pm EST

Physical Therapy for Arthritis, Kate Hunt, PT, Director of Therapy Services

Join Kate Hunt to learn about some ways movement can help prevent and better manage arthritis.

August

Diabetes Wednesday, 8/10/22, 2pm EST

Carbohydrate Common Sense, Brittany Potter, RD, CDCES and Jill Berg, RN

Carbohydrates are not the enemy! Join Brittany Potter and Jill Berg to learn more about the importance of carbohydrates in the diet and which ones to choose for optimal health.

September

Influenza Wednesday, 9/14/22, 2pm EST

Strength from Within - Supporting Immune Health, Brittany Potter, RD, CDCES and Jill Berg, RN

Learn all the tips to stay well this cold and flu season!

October

Lung Health Wednesday, 10/12/22, 2pm EST

The Healing Benefits of Breathwork, Kate Hunt, VP of Clinical Innovation

Breath is a powerful tool that you can channel to calm your mind and heal your body. Come learn some breathing strategies to support your health and well being!

November

Gut Health Wednesday, 11/9/22, 2pm EST

Getting to Know Your Gut, Kelly Dickson, RD

Join registered dietitian Kelly Dickson to learn what you can do to nurture a healthy gut.

December

Managing Pain/Vitamin D Wednesday, 12/14/22, 2pm EST

Beating the Holiday Blues, Katie Dawson, LCSW

Join licensed clinical social worker Katie Dawson to learn some tips to keep holiday blues at bay and have a joyful holiday season!