



# May webinars from Better You

Join us for live webinars to learn about the role excess weight plays in your health, why staying hydrated is critical for your body and how to eat mindfully. May is Mental Health Awareness month and we have two different events discussing the importance of mental well-being for caregivers and for youth.

Register by pointing your smart phone camera to the QR code, or click on the topic to get your unique URL to attend.



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