



Join us for a Wellness Webinar

Stress Reset

April 14th, 11 am - 11:30 am

Is stress making you frustrated and irritable? Stress relievers can help restore calm and serenity to your chaotic life. Join us to discuss tips and tricks to tame your stress.

[| Click here to pre-register |](#)

Diabetes Education Panel

May 12th, 11 am - 12 pm

Please plan to join us for a unique diabetes education opportunity. We will have BSWH specialists answering questions about diabetes care, treatment, and management. If you or a family member have questions, we've got answers!

[| Click here to pre-register |](#)

Men's Health

June 16th, 11 am - 11:30 am

Do you know which types of cancers affect men most often? What can you do to help prevent them? Join us for an education webinar that will empower you with the answers to these important questions.

[| Click here to pre-register |](#)

Women's Health

June 16th, 12 pm - 12:30 pm

Do you know which types of cancers affect women most often? What can you do to help prevent them? Join us for an education webinar that will empower you with the answers to these important questions.

[| Click here to pre-register |](#)

