

2025 Wellness Webinar Series



Wednesday
October 15
Noon – 1:00 p.m.

Strong is the New Flex: **Building Muscle with Positivity and Power**

Learn about the importance of muscle fitness for bone and joint health, while embracing body neutrality. This session will cover muscle-building strategies that support overall strength and joint longevity.

PRESENTER: Jennifer Marberry, Supervisor, Health Coaching and Disease Prevention



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