

Wellness WEDNESDAYS

This year, we are blessed to have Molly Patton, MS Ed join our team!
Molly is the Health and Fitness Manager at the Cleveland Clinic Bath location.
(Molly's programs are indicated below in bold type.)

Molly joins Chelsey Jackson, RD, LD who is a Registered Dietician with Cleveland Clinic
and has been with this program since its beginning!

All meetings will be held at Cleveland Clinic Akron General.
1940 Town Park Blvd. Uniontown, OH
Same location as last year!

ALL CLASSES WILL RUN FROM NOON UNTIL 1:45 PM
(AND INCLUDES LUNCH!)

November 15, 2023
Anti-inflammatory Nutrition

December - No Session
Happy Holidays!

January 17, 2024
The Scoop on Sugar

February 21, 2024
Exercise for Healthy Aging

March 20, 2024
Power Up with Breakfast

April 10, 2024
Lunch Makeover

May 15, 2024
Adding Strength and Mobility into your Day

June 12, 2024
Dinners Made Easy

ATTEND ONE OR ATTEND ALL!
REGISTRATION IS NECESSARY FOR THE LUNCH COUNT!
BE SURE TO NOTE ANY DIETARY RESTRICTIONS.

TO REGISTER www.oakclinic.com
Email Sue at suzanne.arnold@oakclinic.net
OR Call Sue at 419-581-1182