

Wellness WEDNESDAYS

This year, all meetings will be held at Cleveland Clinic Akron General.
1940 Town Park Blvd. | Uniontown, Ohio near The Oak Clinic

First Wednesday of the Month - November 2022 thru June 2023

This is the 6th year of our Oak Clinic Wellness Program and we are thrilled to be meeting in person.

We will kick off this session with lunch and a two-hour presentation by
Chelsey Jackson, Registered Dietician with Cleveland Clinic Akron General.

HERE ARE THE DATES AND TIMES

Wednesday, November 2, 2022

12PM - 2PM

Creating Habits for Lasting Change

Wednesday, March 1, 2023

1PM - 2PM

Vitamins and Supplements

Wednesday, December 7, 2022

1PM - 2PM

Mindful Eating for the Holidays

Wednesday, April 5, 2023

1PM - 2PM

Nutrition for Gut Health

Wednesday, January 4, 2023

1PM - 2PM

Nutrition 101: Your Guide to Healthy Eating

Wednesday, May 3, 2023

1PM - 2PM

Plant Based Meals

Wednesday, February 1, 2023

1PM - 2PM

Latest Research on Nutrition and MS

Wednesday, June 7, 2023

12PM - 2PM

Summary and Wrap Up

TO REGISTER

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

BE SURE TO NOTE ANY DIETARY RESTRICTIONS.



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NEW LOCATION

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