

Wellness WEDNESDAYS

The 2023 classes began in November 2022 and will run through June 2023. The group meets at the Cleveland Clinic Akron General Location in Green, just a block from The Oak Clinic. You can come as you wish but registration is necessary so that materials and food will be ready for you. Presenters vary from month to month but Chelsey Jackson, Registered Dietician with Cleveland Clinic Akron General, is always on the program from 1PM to 2 PM. Call Sue Arnold at 419-581-1182 to register or send an email to suzanne.arnold@oakclinic.net. Below are the dates and presenters for the remainder of 2023. More information and videos can be found at www.oakclinic.com

HERE ARE SCHEDULE CHANGES

Wednesday, February 8, 2023

Latest Research on Nutrition and MS

1PM - 2PM

Presenter - Chelsey Jackson

(Snack Included)

Wednesday, March 1, 2023

Vitamins and Supplements

12PM - 1PM

Presenter - Dr. Talal Derani

1PM - 2PM

Presenter - Chelsey Jackson

Wednesday, April 5, 2023

Nutrition for Gut Health

12PM - 1PM

Presenter - Oak Clinic Staff Member

1PM - 2PM

Presenter - Chelsey Jackson

(Lunch Included)

Wednesday May 10, 2023

Plant Based Meals

12PM - 1PM

Presenter - Nurse Practitioner - Lauren Junk

1 PM - 2PM

Presenter - Chelsey Jackson

(Lunch Included)

Wednesday June 7, 2023

Year Summary and Wrap Up

12PM - 2PM

(Lunch included)

For those of you that have
joined us in the past, thank you!
We're looking forward
to seeing you again!

For those of you who haven't
made it yet, we'd love to see you
and we thank you in advance!

BE SURE 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.

GENEROUSLY SPONSORED BY  Biogen.