

2024 SCHEDULE

Wellness Lecture Series:

Every First Tuesday of the Month from 10:00 to 11:00 am

Nutritious Bites Lecture:

Every First Tuesday of the Month from 10:00 to 11:00 am

Jan 2 Aging in Place

Jan 16 Planning for Produce

Feb 6 Heart Health

Feb 20 What's In My Pantry

Mar 5 Alzheimer's & Dementia

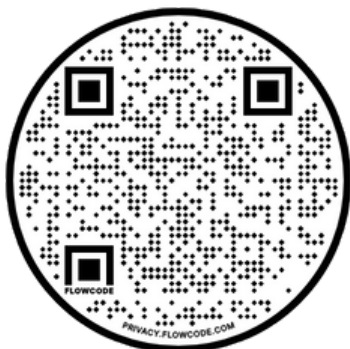
Mar 19 Nutrition Month

Apr 2 Grief & Loss

April 16 Food Safety

May 7 Depression & Anxiety

May 21 Hydration Hacks



**Zoom Information:
Click on the apple
or Scan the QR Code.**



**Phone: 1 305 224 1968 Meeting ID: 825 1071
7060 Passcode: 516324**

For more information:

**706-528-5730 or
northeastgahealthmatters@gmail.com**