Healthy Habits to Protect Against Colds & Flu

12:00p-1:00pm State Agency Medicare Workshop, 11am-12pm

3 Steps for Cold of Flu-like Symptoms

Brazil Independence Day

Stay home if sick

Join Us Stand Up to Cancer

Cold & Flu Prevention

Live Webinars require registration.

3 Steps for Cold of Flu-like Symptoms

Let's Try Chair Yoga!

HOW TO DO THE HIP FLEXOR STRETCH

Chiro-Founders Day

Mindfulness Based Stress Reduction

Breathe into your abdomen.

Opening the Hip Flexors

Getting Started With Flexibility and Stretching

 quelle the加载的muscles and dance to your favorite song.

Living Well With a Serious Illness

MVCEMUN S. Day

Open Enrollment Begins

OE: 09/19/2022-10/14/2022

Chiro-Founders Day

Visit your health plan’s website to learn more about accessing chiropractic care.

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How to Do the Hip Flexor Stretch

Let's Try Chair Yoga!

Get a flu shot

Wear a mask

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