Virtual Education

Lighten Up: Crafting a Winter Morning Routine

September 1–December 31

Winter hours, especially after daylight savings, can throw off sleep routines and make it hard to get up in the morning. Help resist the temptation to hibernate during winter with this video of a morning routine, including yoga moves, that can help you gently get up and ready to go for the day.

The Butt Stops Here

Tuesdays, September 8–October 20 **7–8 pm**

Thursdays, September 10–October 22 **7–8 pm**

Ready to quit smoking or vaping? The Butt Stops Here is an award-winning tobacco cessation program that combines education, support, and practical strategies to help you break free from nicotine dependence. Over seven weekly sessions, you'll learn how to manage cravings, identify personal triggers, build lasting coping skills, and create a personalized plan for success. Whether you've tried to quit before or are just getting started, this supportive program can help you take the next step toward a healthier future.

The Basics to Blood Pressure

Friday, September 18 **12–12:30 pm**

This quick presentation covers the basics of blood pressure; from what blood pressure is, to the "normal" numbers, to the ways you can monitor and address your own blood pressure to maintain or improve heart health.

Fall Prevention 101

Monday, September 21 **12–1 pm**

Join this engaging session designed to help you take control of your safety and reduce your risk of falling. You'll learn to identify personal risk factors, apply simple and practical tips, and respond safely if a fall occurs. Whether for yourself or a loved one, this session builds confidence and supports a steady, independent lifestyle.

Creating Safe Spaces for Fall Prevention

Tuesday, September 22 **12–1 pm**

Learn practical ways to reduce your risk of falls by identifying common hazards, making simple home safety improvements, and staying safe in your community. We'll also explore helpful devices, resources, and response techniques that can help you prepare for and safely navigate a fall should one occur. Whether you're looking to protect yourself or a loved one, this program offers valuable tools and insights to help you stay safe and independent.

Movement for Fall Prevention

Wednesday, September 23 **12–1 pm**

***Disclaimer: This is an informational webinar, not an exercise class.*

Discover how purposeful movement can help prevent falls and build everyday confidence. This presentation shares key techniques to enhance strength, balance, coordination, and flexibility, empowering you to stay active and safe.

Conquering Your Fear of Falling

Thursday, September 24 **12–1 pm**

This engaging presentation helps you understand and overcome the fear of falling, a common issue that affects confidence and independence, especially in older adults. It explores both psychological and physical aspects, offering practical strategies for self-help and professional support. Whether you're facing this fear or supporting someone who is, you'll gain valuable insights and tools to build confidence and improve quality of life.

Breast Health—Knowledge is Power

Tuesday, September 29 **12–1 pm**

In partnership with Elizabeth Wende Breast Care. The American Cancer Society states that breast cancer is the second leading cause of death in women. Learn how the latest advancements in breast imaging and personal risk assessments are helping doctors find early breast cancers and saving lives.

Walktober Challenge

Self-Guided, October 1–October 29

Challenge yourself to move more with this self-guided walking program. You'll set a four-week step goal and receive weekly emails with simple tips, motivation, and resources to help you reach it.

Mostly Sober October Challenge

Self-Guided, October 1–October 29

Mostly Sober October encourages you to explore new ways to connect, unwind, and have fun with less focus on alcohol. Throughout this four-week challenge, you'll receive weekly emails with practical tips, self-care strategies, and creative mocktail ideas to help you build healthy habits and enjoy social gatherings in new ways.

Know Your Lemons - Breast Health Class

Wednesday, October 14 **12–1 pm**

Friday, November 13 **12–1 pm**

Join us to learn about breast health and early detection. At the end of this class, you will know you to self-exam, spot the 12 symptoms of breast cancer, learn how to detect it early, and assess your personal risk. It's a class we all needed at school but never had!

Build a Better Budget with Broadview

Friday, October 23 **12–1 pm**

Provided in partnership with Broadview Federal Credit Union. Your budget is a key that opens doors, guiding you to your money goals. Get ready to take control of your finances and your future! Learn how to organize your income, expenses, and savings, set meaningful financial goals, practice mindful spending, and choose budgeting strategies that work best for your lifestyle.

Fall Harvest Cooking Class

Friday, October 23 **12–1 pm**

Celebrate the flavors of fall in this hands-on cooking class with Cornell Cooperative Extension. Learn healthy ways to prepare seasonal favorites using fresh ingredients and local harvest vegetables. You'll leave with simple recipes, practical nutrition tips, and inspiration for creating wholesome, delicious meals all season long.

Sleep from A to Zzz

Monday, October 26 **5:30–6:30 pm**

Increase your understanding of the benefits of sleep to maintain overall health and learn strategies to improve sleep habits.

Watch Anytime, Anywhere, New On-Demand Videos!

Explore our collection of on-demand videos—featuring guided meditations, energizing fitness classes, and educational webinars.

Q04D1783E272543E3

Simple Steps to Prevent Heart Disease

Monday, November 9 **12–1 pm**

Heart disease is the leading cause of death among men and women in the United States. This presentation delves into the facts behind what heart disease is, what causes it, and how to make simple lifestyle changes to prevent it.

Healthy Holidays: Word Quest Challenge

November 16–January 8

The holiday season can be busy and stressful, making healthy routines harder to maintain. This challenge is a fun, flexible way to stay grounded through small, meaningful actions. Simply choose a word and use the guide provided to complete a healthy activity for each letter of the word. Every word becomes an opportunity to support your physical, mental, and emotional well-being - without complicated tracking or pressure to be perfect. Just simple, intentional steps that fit into everyday life, one letter at a time.

Watch Anytime, Anywhere, New On-Demand Videos!

Explore our collection of on-demand videos—featuring guided meditations, energizing fitness classes, and educational webinars.

Q04D1783E272543E3