

Peoples Health invites you to join us for our ongoing series of virtual presentations.

These events are free and open to the public.

PEOPLES HEALTH



Wellness Programs & Centers

APRIL 2021

REGISTRATION IS REQUIRED. To register, please visit the noted website of the event you wish to attend. You may also call **1-844-621-3956** five minutes before the scheduled event start time and enter the access code to participate by phone.

WEDNESDAY, APRIL 7, 2021

Improve Brain Health

A healthy brain is key to a healthy life. Learn how the brain works and the things you can do to keep your mind sharp.

<http://peopleshealth.com/brain-health>

Access code: 135 252 0800

10 a.m. - 11 a.m.

WEDNESDAY, APRIL 14, 2021

8 Things to Know About Medicare

Learn about the eight most important things you need to know about Medicare. This presentation will help you better understand Medicare and the benefits available to you.

<http://peopleshealth.com/8things>

Access code: 135 534 4471

11:30 a.m. - 12:30 p.m.

WEDNESDAY, APRIL 21, 2021

Planning for Future Care (Advance Care Planning)

Advance care planning is a way to make sure your wishes for medical care and treatment are known and understood by those closest to you, including your doctors.

<http://peopleshealth.com/planning>

Access code: 135 033 7425

10 a.m. - 11 a.m.

FRIDAY, APRIL 23, 2021

Intro to Music Therapy

Music therapy has been shown to lower blood pressure, and it is a great way to relax and express yourself! No experience is needed. Join to learn more about the benefits of Music Therapy.

<http://peopleshealth.com/music>

Access code: 135 910 7368

10 a.m. - 11 a.m.



JOIN US FOR Spring Flowers Craft Class

It's time to let your creativity flow! One hour is all you need.

Learn how to create beautiful crepe flowers with Peoples Health!

FULL

Wednesday, April 28, 2021

1 p.m. to 2 p.m.

LIVE ON ZOOM!

Register by April 20th to receive your supply kit.*

Kits will be mailed to the address provided on the online registration form prior to the April 28th live Zoom event.

For more information or to register, please visit:

<https://www.peopleshealth.com/spring>

***Limited supply kits available. Registration is on a first-come, first-served basis.**

PEOPLES HEALTH

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Connect with us.     

These events are for educational purposes only. No plan-specific benefits or details will be shared.