

## 2022 Listen & Learn Presentations

Date	Topic	Presenter	Time	Sign-Up Now!
Mon, Feb 21 <sup>st</sup>	Heart Health	Jeannie Sykes	12 - 1 PM	Registration Closed
Thurs, May 26 <sup>th</sup>	Nutrition for Well-being	Kate Watts	12 - 1 PM	<a href="#">Register HERE</a>
Mon, July 25 <sup>th</sup>	Sleep	Jeannie Sykes	12 - 1 PM	<a href="#">Register HERE</a>
Wed, Sept 21 <sup>st</sup>	Bone Health	Jeannie Sykes	12 - 1 PM	<a href="#">Register HERE</a>
Thurs, Nov 10 <sup>th</sup>	Nutrition for Diabetes	Kate Watts	12 - 1 PM	<a href="#">Register HERE</a>
Tues, Dec 20 <sup>th</sup>	Healthy Holidays	Kate Watts	12 - 1 PM	<a href="#">Register HERE</a>

**Questions?**

Call 336-832-LIVE or email [livelifewell@conehealth.com](mailto:livelifewell@conehealth.com)

