



# Virtual Education

## Men's Whole Person Health Challenge

**July 6–August 14**

Your health is your greatest asset, why not make it a priority? The Men's Whole Person Health Challenge is designed to help men take a proactive approach to well-being by focusing on common health concerns, exercise, nutrition, sleep, mental health, and goal setting for long-lasting change.

## Women's Whole Person Health Challenge

**July 6–August 14**

Your health is your foundation—let's make it stronger! The Women's Whole Person Health Challenge is designed to help women take a proactive approach to wellness by focusing on common health concerns, exercise, nutrition, sleep, mental health, and creating a motivating action plan for lasting self-care.

## Conscious Birth Planning

**Wednesday, July 15**

**5:30–7 pm**

Looking to write a birth plan but don't know where to start? Certified doula and childbirth educator Liz Addeo CD (DONA), LCCE will teach a workshop that dives deep into the options you have in your birthing journey. In this workshop, we will explore your desires in birth and examine how to manifest them using the tool of a written birth plan to communicate your wishes to your medical team.

## Defend & Detect: Your Guide to Skin Cancer Prevention

**Monday, July 20**

**12–12:45 pm**

Skin cancer is the most common type of cancer—but the good news? It's also one of the most preventable. In this eye-opening presentation, we'll explore key risk factors, early warning signs, and practical strategies to help safeguard you and your loved one's skin and overall health.

## Know Your Lemons—Breast Health Class

**Tuesday, July 21**

**12–1 pm**

Join us for Know Your Lemons Breast Health Class to learn about breast health and early detection. At the end of this class, you will know how 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!

## Understanding Cholesterol

**Tuesday, July 28**

**12–12:30 pm**

Understanding cholesterol is key to protecting your heart. In this quick session, we'll break down cholesterol types, risk factors, and lifestyle changes that can help you lower your numbers and improve your health.

## Paying for Higher Education

**Thursday, July 30**

**12–1 pm**

Provided in partnership with Broadview Financial Credit Union. As costs soar, many students and families find higher education difficult to afford. Join us for information and guidance that can help make college more affordable.

- Determine the full cost of funding higher education
- Get tips to navigate the financial aid process (FAFSA)
- Strategize financial means (current, future) vs. anticipated commitment
- Uncover hidden costs and identify potential financial resources

## **Savor the Season—Farmers’ Market Cooking Class**

**Friday, July 31** **12–1 pm**

In partnership with Cornell Cooperative Extension Albany County. Learn how to appreciate the benefits of locally grown fruits and vegetables sourced from your favorite farmers’ market while reducing your carbon footprint. We will share tips and recipes for utilizing the summer bounty.

## **Know Your Lemons —Breast Health Class**

**Tuesday, August 4** **12–1 pm**

Join us for a Know Your Lemons Breast Health Class 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!

## **Stress Management**

**Friday, August 7** **12–12:45 pm**

Feeling overwhelmed by the pressures of daily life? You're not alone! Join us for an insightful and engaging presentation on stress—what it really is, and how it impacts your mind and body.

## **Teen Social Media Use and Mental Health**

**Wednesday, August 19** **12–12:30 pm**

In partnership with Cornell Cooperative Extension Albany County. Together, we will review the recent Surgeon General’s recommendations regarding teens’ social media use and their mental health. Resources will be provided to help you develop a family media use plan. Let’s help our teens find balance as they navigate the digital world.



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