

Date	Speaker	Topic	Room
January 21, 2026	Erin Coates, RD, LD	Energize with Plants: How Eating More Plants Boosts Energy, Mood and Health	Virtual
February 18, 2026	Kelly Williams, LMHC	Recognizing and Preventing Burn-out	Virtual
March 18, 2026	Adam Kruse, PT	Running	Virtual
April 15, 2026	Officer Ashley Connoles	Caregiver Safety	Virtual
May 20, 2026	Delaney Housos (Sager) NTM, BCHN	Establishing a Healthy Morning Routine	Virtual
June 17, 2026	Gabrielle Shipta, CC	Culinary Medicine	Virtual
July Summer Break			
August Summer Break			
September 16, 2026	Rebecca Sidders, NBC-HWC	Healthy Habits that can Increase Your Energy	Virtual
October 21, 2026	Julia Zumpano, RD, LD	Strategies for Building a Low-calorie, Nutrient-dense Diet	Virtual
November 18, 2026	Henry Gilbert MS, NBC-HWC, CSCS	Exercise Science	Virtual
December 16, 2026	Rose Hosler, RN BSN HNB-BC	Aromatherapy- Scents of the Seasons	Virtual