



# fall into WELLNESS

Remote Learning Opportunities

**Fall is a great time to  
start a new wellness routine.**

**JOIN US FOR OUR FALL INITIATIVE  
TO CREATE HEALTHIER COMMUNITIES**



**National Falls Prevention  
Awareness Day**  
Tuesday, September 22  
1:00 p.m.



**Nutrition Awareness**  
Tuesday, September 22  
10:30 a.m.



**Men's Health Forum**  
Friday, October 16  
2:30 – 4:30 p.m.

### **Meetings Will Occur Via Zoom Technology**

Participants Will Need a Computer With Internet Access or a Telephone  
*Once you register, Wellness Pathways will provide you with the meeting information.*

### **MORE INFORMATION AND REGISTRATION:**

[www.glss.net/Help-me-find/Health-and-Well-Being/Wellness-Pathways](http://www.glss.net/Help-me-find/Health-and-Well-Being/Wellness-Pathways)

### **QUESTIONS? CONTACT:**

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