

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

JULY 2021

REGISTRATION IS REQUIRED. To register, please visit the noted website of the event you wish to attend.

WEDNESDAY, JULY 7, 2021

Bereavement: Learning to Live with Loss

Losing a loved one is painful, and can lead to a difficult and emotional time. Bereavement is the process of grieving and mourning our loved one. Learn about the grieving process and how to cope with loss.

peopleshealth.com/bereavement

Meeting ID: 828 4199 7944

Passcode: 994859

10 a.m. - 11 a.m.

TUESDAY, JULY 13, 2021

Understanding Your Skin

Our skin plays an important role in our health. Millions of people are affected by various skin conditions and diseases. Learn more about your skin and how to protect it.

peopleshealth.com/skin

Meeting ID: 891 0587 5838

Passcode: 200922

10 a.m. - 11 a.m.

WEDNESDAY, JULY 21, 2021

Music Therapy: Relaxation Techniques

Music Therapy has been shown to reduce anxiety and boost the immune system. Experience the benefits of Music Therapy to your body, mind and soul during our 60-minute session.

peopleshealth.com/musictherapy

Meeting ID: 892 9882 0223

Passcode: 017704

10 a.m. - 11 a.m.

WEDNESDAY, JULY 28, 2021

8 Things to Know About Medicare

It's important to make the best informed decision about your healthcare. This presentation will help you better understand Medicare and the benefits available to you.

peopleshealth.com/8things

Meeting ID: 840 6020 0072

Passcode: 910723

10 a.m. - 11 a.m.