

Rutgers University Extension shares Weekly Wellness Webinars

Lisa McCoy (MD), NEAFCS Eastern Regional Director

Rutgers University is providing a series of wellness webinars on zoom weekly on Wednesday afternoons covering a variety of wellness topics including chronic disease prevention and management and dispelling myths about nutrition and health. During August, the weekly programs will focus on different aspects of wellness to celebrate wellness month. Check out their website for more information and sign up:

<https://events.rutgers.edu/njaes/>

Somerset County Family and Consumer Sciences offers Friday Facebook live events sharing healthy recipes including warm spinach artichoke dip, mocktails and no-bake banana peanut butter oatmeal cookies in June. Here is a link to their Facebook page: <https://www.facebook.com/SCNJFCHS/>

Congratulations to a great team celebrating health and wellness in the community.

