

September 2021 Virtual Health Education Programs

Vitality: Lifestyle and Weight Management Program (Virtual)

Virtual Information Session - Tuesday, August 31, 5:00-6:00 pm

Program starts September 14 on Tuesdays 5 – 6 pm

Vitality is an 8-week virtual weight management program with personalized dietitian support and weekly educational accountability sessions. View online flyer [here](#) and join the information session to learn more and ask questions. Email Elizabeth.Watt@unchealth.unc.edu or call 984-974-2552 for the Info session link.

Coffee with the Coach – Topic: Boundaries

September 1 at 2 pm

Join Certified Health and Wellness Coach Julie McNamara for this virtual monthly session that energizes, educates, and engages you in the next step of your well-being journey. This month's topic is **boundaries**- why they are important and how to set them, including practicing a variety of ways to say “no.” **Free for Members and Non-members.** Email Julie.McNamara@unchealth.unc.edu to register.

Parkinson Wellness Recovery (PWR!Moves) Virtual Program

September 1 – 29; Wednesdays and Fridays, 2:30-3:15 pm via Zoom

Parkinson Wellness Recovery is an evidence-based exercise program integrating whole body movements that can slow motor deterioration, improve symptoms, and increase quality of life in those living with Parkinson's disease. Members \$85; Non-members \$105. Contact the UNC Wellness NW Cary front desk at 919-957-5900 to register by August 27.

Gut Health: A Food First Approach – Food for Thought Virtual Nutrition Education

September 13, 12:30-1:30 pm

The topic of gut health has been increasing in popularity recently. Understanding the association between food and the gut can help to increase your immunity, reduce risk for chronic diseases, as well as increase overall health. Join UNC Wellness dietitian Liz Watt, RD, CSOWM, LDN while she discusses how the foods you eat can help or hurt your GI system. **Free for Members and Non-members.** Click [here](#) to register.

Caregiver's Support Group

September 15, 12 – 1:30 pm via Zoom

The UNC Caregiver's Support Group's mission is to provide support, education, and advocacy for caregivers. **All caregivers are welcome, but we do focus on those with memory disorders.** For more information and to register, email Susan.Chesser@unchealth.unc.edu.

Create your Wellness Vision for Success – Talk to Me Tuesday Virtual Education

September 28, 12:15 – 1 pm

Are you ready to start or get back to healthy habits in 2021? Join this session with Certified Health and Wellness Coach Julie McNamara to help you get clear on your wellness vision, learn how to build positive momentum, and create small wins that boost your confidence. Participants will receive a guide to support their journey. **Free for Members and Non-members.** Click [here](#) to register by 9/27.

Questions about these programs? Email Julie.McNamara@unchealth.unc.edu or call 984-874-2571.