

December Wellness Webinars

Clean Hands Make the World a Better Place!

Presented by Corrie Wise and Brittany Hawthorne, Wellness Coordinators with FHCP

Thursday, December 2

Join us for this reminder of the simple act of hand washing in keeping ourselves and our families safe. You may be surprised to learn some of the latest statistics on who is washing their hands, and who is not! There may be an appearance from our friends the Wellness Shark and Jellyfish too! You won't want to miss this one.

12:00pm-12:30pm [Click here](#) to join 4:00pm-4:30pm [Click here](#) to join



Healthier Holiday Baking

Presented by Mary Martinez, Community Wellness Liaison with FHCP

Thursday, December 9

Calling all bakers! The holidays can be a bit daunting when you're trying to eat healthy. Join us as we discuss healthier baking alternatives and recipe ideas that give you the festive feelings without the guilt. There will also be a live demo as we create a tasty no bake dessert that may be perfect for your next holiday gathering!

12:00pm-12:30pm [Click here](#) to join 4:00pm-4:30pm [Click here](#) to join



Drawing!!

We will be giving away a holiday gift during the call. Must be on call to win.

Questions?

E-mail Carla Cosio at ccosio@fhcp.com or call 386-676-7100 ext. 7247