



HANGOUTS WITH HEALTH PROMOTION

Tune into these Google Hangouts with your
favorite OHP Staff on healthy hot topics!

THIRSTY THURSDAY... WHY DO WE TURN TO SUBSTANCES TO DEAL WITH STRESS?

Thursday 4/16 at 3pm with Jeannine Kremer and Amanda Kuron

Join Hangout: meet.google.com/eof-kakt-khc

FINDING FOODS AND MOVEMENTS TO HELP YOU FEEL BEST

Friday 4/24 at 12pm with Kate Sweeney

Join Hangout: meet.google.com/zdm-sebc-aca

STRESS, SOURCES, AND STRATEGIES TO MOVE FORWARD

Wednesday 4/29 at 1pm with Makayla Davis and Elise Phillips

Join Hangout: meet.google.com/ukx-kmjs-hso
