Health & Wellness Series

- **Sizzling at Any Age** by Carolyn Stein  
  Monday, 9/9  
  2:30 pm
- **Sleep Disorders** by Chen Senior Medical Center  
  Monday, 9/16  
  2:30 pm
- **Hispanic Cuisine Benefits** by Chef Kelly Sheehan  
  Monday, 9/23  
  2:30 pm
- **A Look into the World of Cannabis & Hemp** by Jushi  
  Monday, 10/7  
  2:30 pm
- **Primary & Emergency Care** by Mount Sinai  
  Monday, 10/14  
  2:30 pm
- **Fitness for Seniors** by FIU's Kinesiology Department  
  Tuesdays, 10/29 - 12/10  
  10:30 am
- **Fitness for Seniors** by FIU's Kinesiology Department  
  Wednesdays, 10/30 - 12/11  
  12:30 pm
- **Anxiety** by Chen Senior Medical Center  
  Wednesday, 10/30  
  10:30 am
- **Aromatherapy Soap & Meditation** by FIU's Healthy Living  
  Wednesday, 11/6  
  10:30 am
- **Emotions & Food Creation** by Chef Kelly Sheehan  
  Wednesday, 11/20  
  10:30 am
- **TBD** by Mount Sinai  
  Wednesday, 12/4  
  10:30 am
- **A Look into the World of Cannabis & Hemp** by Jushi  
  Wednesday, 12/11  
  10:30 am

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