

March 2026 - Wellness Academy Sessions

Academy Track	Session Title	Date/Time	Location
Mental Wellness	<u>COPE Mental Health Education Series</u>	Thursdays, 2/5/26-3/16/26 6:30-7:30pm	Virtual
Nutrition	<u>Simple Steps to a Healthier You Nutrition Cooking Series</u>	Tuesday, 3/10/26 6:00-7:30pm	Friendship Missionary Baptist Church Conference Center
Nutrition	<u>Food Safety for Community Meals Training</u>	Tuesday, 3/17/26 6:00-8:00pm	Southeast Health Department Multipurpose Room
Nutrition	<u>Gardening 101: Right Plant, Right Place</u>	Thursday, 3/19/26 5:30-7:30pm	Amay James Park
Nutrition	<u>Food As Medicine Teen Seminar</u>	Saturday, 3/28/26 10:00am-12pm and 1:00-3:00pm	South Piedmont AHEC
Fitness	Pickleball	Tuesday and Thursday (except 4 th Thursday) 10am-2pm	The Park Church
Fitness	Line Dancing	Mondays (Ongoing) 5:00-6:00pm	Greenville Memorial AME Zion Church
Fitness	Line Dancing	Tuesdays & Fridays (Ongoing) 6:15-7:15pm	First Baptist Church West

To Register, click the hyperlinks, scan the QR code, or visit Health.MeckNC.gov/MeckMoves

