

April 2026 - Wellness Academy Sessions

Academy Track	Session Title	Date/Time	Location
Nutrition	<u>Simple Steps to a Healthier You Nutrition Cooking Series</u>	Tuesday, 4/14/26 6:00-7:30pm	Friendship Missionary Baptist Church Conference Center
Fitness	<u>Step Into Spring: Wellness Walks</u>	Friday, 4/17/26 6:00-7:00pm	Irwin Creek Greenway
Nutrition	<u>Spring Vegetable Gardening</u>	Thursday, 4/23/26 6:00-7:30pm	Amay James Park
Mental Wellness	<u>Becoming A Healthier You: Mental Health & Well-being Series</u>	Thursday, 4/30/26 1:00-2:30pm	Virtual
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

