

February 2026 - Wellness Academy Sessions

Academy Track	Session Title	Date/Time	Location
Mental Wellness	<u>COPE Mental Health Education Series</u>	Thursdays, 2/5/26-3/12/26 6:30-7:30pm	Virtual
Nutrition	<u>Eating Well with Chef Cordell Cooking Series</u>	Monday 2/9/26 6:30-7:30pm	NWHD Multipurpose Room
Community Resources	<u>Healthy Relationships Education Session</u>	Wednesday, 2/11/26 11:00am-12pm	Virtual
Mental Wellness	<u>Resilience & Thriving: The Secret Power of Stress</u>	Thursday, 2/12/26 1:00-2:30pm	Charlotte Mecklenburg Library - Sugar Creek
Mental Wellness	<u>QPR Suicide Prevention Training</u>	Thursday, 2/19/26 1:00 -2:30pm	Virtual
Nutrition	<u>Simple Steps to a Healthier You Nutrition Cooking Series</u>	Tuesday, 2/17/26 6:00-7:30pm	Friendship Missionary Baptist Church Conference Center
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



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