

January 2026 - Wellness Academy Sessions

Academy Track	Session Title	Date/Time	Location
Healthy Aging	<u>Health and Wellness Among Older Adults Webinar</u>	Tuesday, 1/13/26 1-2pm	Virtual
Maternal & Child Health	<u>Mental Health is Mental Hygiene</u>	Wednesday, 1/14/26 11am-12pm	Virtual
Nutrition	<u>Eating Well with Chef Cordell Cooking Series</u>	Thursday, 1/15/26 6:30-7:30pm	SEHD Multipurpose Room
Mental Wellness	<u>COPE Mental Therapy Series</u>	Thursdays, 1/15, 1/22, & 1/29 12-1pm	SEHD Multipurpose Room
Nutrition	<u>Simple Steps to a Healthier You Nutrition Cooking Series</u>	Tuesday, 1/27/26 6-7:30pm	Friendship Missionary Baptist Church Conference Center
Fitness	Line Dancing	Mondays (Ongoing) 5-6pm	Greenville Memorial AME Zion Church
Fitness	Line Dancing	Tuesdays & Fridays (Ongoing)	First Baptist Church West

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



MECKLENBURG COUNTY
North Carolina
Public Health

