

## January 2026 - Wellness Academy Sessions

Academy Track	Session Title	Date/Time	Location
Healthy Aging	<a href="#"><u>Health and Wellness Among Older Adults Webinar</u></a>	Tuesday, 1/13/26 1-2pm	Virtual
Maternal & Child Health	<a href="#"><u>Mental Health is Mental Hygiene</u></a>	Wednesday, 1/14/26 11am-12pm	Virtual
Nutrition	<a href="#"><u>Eating Well with Chef Cordell Cooking Series</u></a>	Thursday, 1/15/26 6:30-7:30pm	SEHD Multipurpose Room
Mental Wellness	<a href="#"><u>COPE Mental Therapy Series</u></a>	Thursdays, 1/15, 1/22, & 1/29 12-1pm	SEHD Multipurpose Room
Nutrition	<a href="#"><u>Simple Steps to a Healthier You Nutrition Cooking Series</u></a>	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](http://Health.MeckNC.gov/MeckMoves)



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