

# Wellness Class Schedule

April- June 2026

## **Financial Wellness Workshop (15 points- 5 points each)**

Join us for this year's three-part financial wellness workshop! Mark Harper will lead participants through an intensive study of "The Total Money Makeover" by Dave Ramsey. To attend the Financial Wellness Workshop, you must register in advance. Each workshop is limited to 10 employees. Spots are reserved on a first-come-first serve basis. Participants will receive a free "The Total Money Makeover" workbook and 3 interactive sessions.

### *Olathe*

April 30<sup>th</sup>, May 7<sup>th</sup>, and 14<sup>th</sup> at 2:00pm- Keeler Lg. Conf Room- Olathe  
\*10 spots available on a first-come-first serve basis.

### *Paola*

April 30<sup>th</sup>, May 7<sup>th</sup>, and 14<sup>th</sup> at 8:30am- Adult Services Conf Room A- Paola  
\*10 spots available on a first-come-first serve basis.

Please use this link to register: [Financial Wellness Workshop Registration](#)

## **April Third Thursday- How to Minimize Heart Attack and Stroke Risk (5 points)**

Join us for a presentation from the KU Medical Center stroke and cardiac teams. They will educate on symptoms of stroke and heart attack as well as how a person can reduce their risk of both conditions.

### *Virtual*

April 16th at 12:00pm- See Lakemary email for link to join.

## **May Third Thursday- How to Improve Blood Sugar (5 points)**

Learn the importance of balancing blood sugar and its impact on your metabolism and energy levels. We will discuss practical ways to improve blood sugar control.

### *Virtual*

May 21st at 12:00pm- See Lakemary email for link to join.

## **June Third Thursday- How to Properly Hydrate (5 points)**

Hydration goes beyond drinking water. Learn about the importance of electrolytes and their impact on systematic hydration. Discuss practical ways to improve and maintain proper hydration.

### *Virtual*

June 18th at 12:00pm- See Lakemary email for link to join.