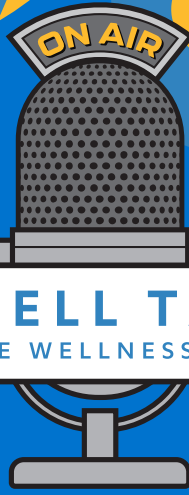


Fall 2024 Workshops

Conversations with UCLA Health and community experts on the latest research, health and wellness trends, practical recommendations, and more. Just thirty minutes via Zoom during your lunch hour.



FITWELL TALKS EMPLOYEE WELLNESS AT UCLA

FITWELL TALKS SPEAKER SERIES

SEP 25
12-12:30pm

Caffeine and Your Health 101
w/ Dr. Grace Firestone,
UCLA Health



[Register Here](#)

OCT 17
12-12:30pm

Dementia/Alzheimer's Prevention
w/ Monica Moore, MSG



[Register Here](#)

NOV 8
12-12:30pm

UCLA Urology Men's Health Clinic
w/ Dr. Juan Andino,
UCLA Health



[Register Here](#)

DEC 17
12-12:30pm

Heart Disease, Obesity & GLP-1 Medical Therapy
w/ Dr. Dianne S. Cheung,
UCLA Health



[Register Here](#)

Join live, listen in, and come ready with any questions!