



A good mind. A good heart. A strong fire.

ONEIDA BEHAVIORAL HEALTH SERVICES

January 25, at 1-2PM

Sleep & Wellness

Presenter: Taylor Jean

<https://www.surveymonkey.com/r/wellnesshour2023sleepandwellness>

February 22, at 1-2PM

5 Love Languages

Presenter: Jessica DeGroot

<https://www.surveymonkey.com/r/wellnesshour2023LoveLanguages>

March 29, at 1-2PM

Narcan the Nation

Presenter: Jaqueline Ninham

<https://www.surveymonkey.com/r/wellnesshour2023NarcantheNation>

April 26, at 1-2PM

Sexual Assault Awareness

Presented by Yon^hali*yo Community Advocacy

<https://www.surveymonkey.com/r/wellness2023SAwareness>

Wellness Hour 2023

Oneida Behavioral Health is sponsoring monthly one-hour presentations that will cover a wide range of topics with a focus on psychological & physical wellness.

These talks will be presented in the Virtual Microsoft Teams platform. Use the link to register for the talk of your choice. After registering, you will be sent a link for the meeting by email.

Please contact Dr. Christine Garstka,

at 920-490-3790 or cgarstka@oneidanation.org if you have questions or concerns

