



2022-2023 PROGRAMS

We are pleased to offer both in-person and virtual programs.

Health Education Programs

Programs are 12:00pm-1:30pm.

Building Relationships in a Virtual World

Hot Topics on Nutrition

Including intermittent fasting, Keto, plant-based diets, overview of obesity, and more.

Genealogy and DNA Testing

Tools and research methods to learn about your ancestors, the lives they led, and impacts on your health.

Improving Sleep Quality and Sleep Health

Untangling the Anxious Brain

Integrative Medicine's Place in a Traditional Medicine Model

Including acupuncture, yoga, nutrition, mindfulness, art/music/pet therapy, cancer risk reduction and more.

Community Health Classroom

Community Violence Prevention
October 2022

2023 Annual Meeting

Wednesday, May 17, 2023
Quail Hollow Club Pavilion

Volunteer Projects

Stay tuned to your email throughout the year for opportunities to roll up your sleeves and volunteer with nonprofits improving the health of our community.

Social Events & Programs

Fashion Event
Past Presidents and Loyalty Circle Tea
Legacy Society & Investing Members Event