

2023-2024 PROGRAMS

Health Education Programs

Programs are 12:00pm-1:30pm, unless otherwise noted.

Nutrition and Other Factors to Combat Cancer

UNC-CH Nutrition Research Institute

Ask Anything About Women's Health...Anonymously!

Menopause, HRT, Sexual Health...All the Things.

Obesity, Weight loss Drugs, and the Food-Mood Connection

Teen Health Connection: The Big Picture

One-hour long documentary, written, performed, and produced by Northwest School of the Arts students, with a focus on positive behavioral and health choices.

One Pill Can Kill: Raising Awareness around the Fentanyl Crisis

Resetting Your Nervous System

An overloaded and over-alert nervous system can lead to chronic stress, anxiety, exhaustion and disease. Learn to reset your nervous system to heal your body and feel increased energy and clarity.

[Community Health Classroom](#) | Tuesday, October 24, 2023 | 12pm-2pm
Myers Park Presbyterian Church | Oxford Hall

[2024 Annual Meeting](#) | Wednesday, May 15, 2024 | Quail Hollow Club Pavilion

Volunteer Projects & Tours

Mitchell's House | June 14, 2023 | 10:00am-11:00am

Tour of Camino Community Development | September 12, 2023 | 12:00pm
...and more! Stay tuned to your email.

Social Events

Fashion Event

Past Presidents and Loyalty Circle Tea

Legacy Society & Investing Members Reception | **Open to Investing Members*