

Cumberland Healthcare Turtle Lake Center in conjunction with the Turtle Lake Library Present

HEALTH & WELLNESS TOPICS

Please join us at 5:00 PM at the Turtle Lake Library 301 Maple Street South, Turtle Lake WI







Tuesday, May 23, 2023

Preventative Healthcare:
"Proactive Ways to Ward Off
Health Problems," by *Lisa Erickson, DNP APNP FNP-C*



Thursday, June 29, 2023

"Healthy Summer Snacks for Kids," *by Kiersten Haugerud, MS RDN LD CD*



Thursday, July 27, 2023

"Avoiding Injury with Good Body Mechanics," *by Kim Hanson, DPT*