



Refresh and Reset



February 26th, 2026
6:00-7:00pm



Zoom

Join us for this virtual educational session hosted by Sarah Fagus, Nutritionist, focused on simple, realistic lifestyle changes to support your overall health. We'll discuss everyday wellness topics, helpful tips and tricks, and how small habits can make a big difference. This session is designed to be easy to follow and accessible from the comfort of your home.

FOR MORE INFORMATION AND TO RSVP, CONTACT:

Sun Health Center for Health & Wellbeing at
(623) 471-9355

