



Deck the Halls with
Boughs of Healthy!

- Dr. Teresa Wagner

November 17th @ 1pm

Holidays bring memories of family, friends and traditions from the past. This year, add a tradition of healthy habits to your holiday list of "To Do's" embracing tips from Lifestyle Medicine.

- Dr. Wagner, Assistant Professor in Lifestyle Health Sciences and Clinical Executive for SaferCare Texas will share tidbits from her holiday wishlist of lifestyle habits that will help keep you healthy and well throughout the new year.