



Wellness Groups

Ask your provider about what groups might be right for you.

For More Info Contact:

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Wellness Resource Coordinator

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Visit our patient resources link at **www.unitycarenw.org**

Most groups will meet over **Zoom**.

- Walking Group
- Dietitian Kitchen
- YMCA Diabetes Prevention
- Veggie Rx
- Chronic Disease Self-Management
- Qi Gong/Tai Chi
- Yoga
- Smoking Cessation