



# 2025 Wellness Wednesdays with FCHS

## Start the New Year off Healthy!



JOIN DR. KATHLEEN CULLINEN AS SHE DISCUSSES  
 NEW YEAR, NEW YOU: SETTING  
 HEALTHY AGING GOALS  
 ON **WEDNESDAY JANUARY 29TH AT 12:30PM**  
<https://go.rutgers.edu/3kfde7jb>



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WELLNESS  
 WEDNESDAYS  
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 New Jersey Agricultural Experiment Station

Click to register: <https://go.rutgers.edu/3kfde7jb>



JOIN DR. KATHLEEN CULLINEN AS SHE DISCUSSES  
 HEART HEALTH FOR A LONGER LIFE  
 ON **WEDNESDAY FEBRUARY 26TH AT 12:30PM**  
<https://go.rutgers.edu/d5brkk1d>



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JOIN DR. KATHLEEN CULLINEN AS SHE DISCUSSES  
 NOURISHING YOUR BODY FOR  
 ACTIVE AGING  
 ON **WEDNESDAY MARCH 26TH AT 12:30PM**  
<https://go.rutgers.edu/u1ztzvz1>



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JOIN DR. KATHLEEN CULLINEN AS SHE DISCUSSES  
 MINDFUL MOVEMENT FOR  
 AGING WELL  
 ON **WEDNESDAY APRIL 30TH AT 12:30PM**  
<https://go.rutgers.edu/n4h5mmsj>



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