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REACH OUT

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Date	Time	Topic	Trainer	WebEx Registration Link
1/13	12PM EST 11AM CT	The Connection Between Exercise and Mental Health	Amy Grazen	VIEW HERE
2/10	12PM EST 11AM CT	Dual-Career Relationships	James Francis	REGISTER HERE
2/18	11AM EST	NEWPORT NEWS SHIPBUILDING EXCLUSIVE NOURISH YOUR HEART: A GUIDE TO HEART-HEALTHY EATING	Patti Iampietro	REGISTER HERE
3/10	12PM EST 11AM CT	Social Security Retirement Planning	Greg Berlin	REGISTER HERE