

FOR IMMEDIATE RELEASE

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Fall Living Well Wednesday Series to Address Holiday Topics

The virtual learning series, Living Well Wednesday, hosted by K-State Research and Extension, announces a fall series of online webinars over the lunch hour geared toward various holiday topics. Wellness is defined broadly through this series, including topics that relate to physical, mental, financial, and relationship health. The fall series launches on Nov. 9th and will focus on Simplifying the Holiday season with presenters Joy Miller and Dr. Elizabeth Kiss.

Upcoming Living Well Webinar dates/topics include:

- Nov. 30th – Dealing with grief and sadness during the holidays – Presenter: Melissa Atchison
- Dec. 14 – Simple holiday meals – Presenters: Ashley Svaty, Christina Holmes and Melinda Daily

The Living Well Wednesday Series is held virtually on Wednesdays at noon. Registration is required for live viewing. Program recordings will be posted online following the series.

Registration is open at <https://bit.ly/LWWHoliday>.

New this year also is a Spanish-only version of the programs. The Spanish programs will follow the English version and begin online at 1:15 p.m.

Previous programs may be accessed at <https://www.ksre.k-state.edu/fcs/livingwellwed/>

For more information, please contact Julie Smith, Family Resource Management and Entrepreneurship Agent, juliesmith@ksu.edu or by calling 620-238-0704.

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