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Financial Health: Couponing and Shopping on a Budget

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Nutritional Health: Alzheimers and Nutrition

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Mental Health: Meditation 101 and Healthy Relationships

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December 2015

Technology Health: Social Media: How to Develop a Powerful Professional Profile

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January 2016

Mental Health: Conflict Management

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February 2016

Physical Health: Yoga 101

8th College of Nursing
9th Brenham Clinic
13th Waller County Extension Office
17th Main Campus
23rd Northwest Houston Campus

March 2016

Technology Health: Storage on the Cloud

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12th Waller County Library
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16th Main Campus
29th Northwest Houston Campus

April 2016

Nutritional Health: Diabetes 101

9th Waller County Extension Office
11th College of Nursing
12th Brenham Clinic
20th Main Campus
26th Northwest Houston Campus

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