



LIVING WELL AT HOME WITH VIRTUAL WELLNESS CLASSES

staying healthy

Well-being programs to keep you healthy and relaxed while at home.

These virtual offerings include live mini meditation sessions and webinars that cover topics from working well at home to how to get a better night's sleep. All are available at no cost to you and will be easy to access via Zoom.

Guided Mindfulness Sessions

Mind the Moment – Tuesdays and Fridays from 8:30am to 8:50am (ET)

Mindfulness can help us feel connected and get centered. Experiment with short bursts of mindfulness instruction, followed by mini meditations, led by a team of expert instructors.

- » To access the Tuesday session, visit <https://zoom.us/j/946535238>.
- » To access the Friday session, visit <https://zoom.us/j/580279161>.

Health and Wellness Webinars

The Power of Your Fork and Knife - Tips to Eat to Reduce Inflammation, Boost Immunity and Feel Good! – Wednesday, April 1, 2020, from 1:00pm to 1:30pm (ET)

Learn simple ways to add in foods that reduce inflammation and boost immunity. By the end of this session, you'll be able to quickly assemble healthy meals and snacks that your family will love.

Stress Less as Life Changes – Wednesday, April 8, 2020, from 1:00pm to 1:30pm (ET)

Gain valuable tips and tools related to managing stress and anxiety. Learn how mindfulness can not only help lower stress but can even help you stop touching your face!

Creating Computer Comfort – Wednesday, April 15, 2020, from 1:00pm to 1:30pm (ET)

Prevent injuries and relieve muscular aches and pains by learning easy adjustments and stretches that keep you comfortable and well at your workstation.

Sleep from A to ZZZs – Wednesday, April 22, 2020, from 1:00pm to 1:30pm (ET)

Learn how to stop tossing and turning and get a better night's sleep tonight.

You Got This - Easy Ways To Eat Better (and Stay Sane) – Wednesday, April 29, 2020, from 1:00pm to 1:30pm (ET)

Learn how to stock up your pantry with anti-inflammatory foods that boost your immunity. Get easy recipes for healthy snacks and meals.

- » To access all sessions, visit <https://zoom.us/j/996948529>.