



#4MIND4BODY

#4Mind4Body Lunch and Learn

Blow Away Your Old Exercise Habits

Thursday, August 13, 11:30 a.m. to 12:30 p.m. CT

Discover new ways to stay fit and have fun. Topics will include aerobic activities, strength training, stretching and new fitness trends. You'll learn the F.I.T.T. principle and applying it to daily life and discuss types of physical activity.

[Click here to register for *Blow Away Your Old Exercise Habits*](#)

[Click here to register for *Tobacco/Nicotine Free Living*](#)

Tobacco/Nicotine Free Living

Wednesday, September 16, 11:30 a.m. to 12:30 p.m. CT

Increase awareness about the effects of tobacco products for users and non-users. Understand the impact of e-cigarettes, dip and second- and third-hand smoke. Identify ways to minimize exposure to tobacco products, learn how to prepare to quit and find resources to support tobacco free living.

Social Isolation and Loneliness

Tuesday, October 20, 11:30 a.m. to 12:30 p.m. CT

Social isolation and loneliness can have a very negative impact on an individual's mental and physical health. Identifying the signs is an important step. Learn how loneliness differs from social isolation along with the importance of social connectedness.

[Click here to register for *Social Isolation and Loneliness*](#)

[Click here to register for *Care for the Caregiver*](#)

Care for the Caregiver

Monday, November 9, 11:30 a.m. to 12:30 p.m. CT

You'll learn how to recognize caregiver issues, determine needed services and identify long-term care issues. We'll discuss and explore potential resources and you'll be positioned to make better decisions for eldercare concerns. You'll also learn how to reduce the stress and anxiety that can come with trying to make the best choices for an aging relative.

All sessions available **via webinar**. Pre-registration required.

[Click here for more information](#)