



#4MIND4BODY

#4MIND4BODY LUNCH AND LEARN

Connecting in Uncertain Times During COVID-19 (Optum/ActiveHealth)

Thursday, January 14, 11:30 a.m. to 12:30 p.m. CT

We are living in unprecedented times, which foster worry and anxiety. Heightened worry and fear can only make trigger events even worse than they already are. When life gets tough, having someone to lean on is important. Being around a loved one or trusted friend is a big part of good health. Whether hanging out or talking on the phone, learning how being social is valuable.

[Click here to register for Connecting In Uncertain Times During COVID-19](#)

[Click here to register for A New Year of Health: Setting Realistic Goals and Preventing Burnout](#)

A New Year of Health: Setting Realistic Goals and Preventing Burnout (Optum/ActiveHealth)

Wednesday, February 24, 11:30 a.m. to 12:30 p.m. CT

It's a new year, and that means a new chance to make a healthy lifestyle change. If you're having trouble getting motivated, we're here to help. You can learn to set goals, overcome challenges, and stay the course for the upcoming year. Attendees will examine causes of burnout and potential solutions along with ideas to stay healthy in the new year.

[Click here to register for Developing Emotional Intelligence: Overcoming Emotional Eating](#)

Developing Emotional Intelligence: Overcoming Emotional Eating (Optum/ActiveHealth)

Wednesday, March 17, 11:30 a.m. to 12:30 p.m. CT

We all have struggles in our lives. And they often come with feelings like stress, anger, and loneliness. Many of us eat to cope with these feelings. But this can lead to weight gain. In this session we'll talk about healthy ways to overcome emotional eating. Attendees will also learn all about Emotional Intelligence (EQ) – from its definition to strategies for enhancing it. This program will help participants identify stress reduction techniques and guide them through writing their own action plan for developing their EQ.

[Click here for information about upcoming webinars.](#)