#4Mind4Body Lunch and Learns

**Aging Healthfully and Gracefully**  
Tuesday, February 11, 11:30 a.m. to 12:30 p.m. CT  
Learn how to enhance the “aging process” by staying active and discover types of safe and effective exercises for both cardiovascular and muscular conditioning.

**Balance Your Diet and Your Life**  
Wednesday, March 18, 11:30 a.m. to 12:30 p.m. CT  
Get ready to discover how food provides energy for our bodies. And how to develop healthy eating habits. We’ll also discuss how to set goals to help you change your eating habits for good.

**Virtual Resources**  
Wednesday, April 22, 11:30 a.m. to 12:30 p.m. CT  
Virtual resources are one easy way to get around barriers to accessing mental health care. This training will cover the virtual resources that are available to members and how to access them.

**Healthy Mind, Healthy Body**  
Tuesday, June 16, 11:30 a.m. to 12:30 p.m. CT  
This session will explore the mind body connection. And how stress affects your body. Then, you’ll learn about mindfulness and other strategies to reframe your thoughts.

All sessions available in-person or via webinar. No pre-registration required.  
In Person: TN Tower, 3rd floor, Rooms A&C  
Webinar: [https://tngov.webex.com/meet/JJoralemon](https://tngov.webex.com/meet/JJoralemon)