

## 4MIND4BODY LUNCH AND LEARN

### HEALTHY MIND, HEALTHY BODY

Thursday, Jan. 27 11:30 a.m. – 12:30 p.m. CT

Imagine changing your thoughts and improving your overall wellbeing. In this session, Optum and ActiveHealth explore how your thoughts can affect your health. You'll also learn ways to develop a healthy mind and body, including mindfulness practices like meditation. This program uses lecture, guided meditation exercises, written exercises and group discussion to explain how you can build mindfulness practices into your routine and help improve your overall health.

- Discuss how stress affects our health and day-to-day lives
- Learn the meaning of being "present" and in the moment
- Learn the physical and mental health benefits of mindfulness practices

### MAKE OVER MY HEART

Thursday, Feb. 24 11:30 a.m. – 12:30 p.m. CT

Heart disease is the leading cause of death among both men and women. Many of the risk factors are things you can change. Healthy lifestyle habits like eating healthy and being active can help lower your risk. Join this session with ActiveHealth to learn more.

### MANAGING YOUR FINANCES AND STAYING HEALTHY ON A BUDGET

Thursday, March 17 11:30 a.m. – 12:30 p.m. CT

Do you think staying healthy costs a lot of money? Think again! Keeping a healthy lifestyle doesn't need to be pricey. You'll learn the importance of setting up and maintaining a budget, while keeping your health goals in mind. Get helpful tips for meal planning and no-to-low-cost exercise ideas.

In this session, ActiveHealth and Optum will also explore ways to establish credit and the importance of maintaining a good credit rating. While some saving choices may be reviewed, this class does not address long-term financial planning.

- Redesign spending habits
- Evaluate your current financial situation
- Identify the steps of financial planning
- Write an action plan to manage finances
- Explore ways to better manage your money

### INCREASE YOUR HEALTH CARE IQ

Wednesday, April 6 11:30 a.m. – 12:30 p.m. CT

Our mission at Benefits Administration is to deliver comprehensive, affordable, dependable and sustainable benefits to all of our plan members. In recent years, we've added new and innovative programs and benefit improvements to help our members live their best lives.

- Learn about the range of benefit programs available to you and your dependents
- Ensure you're taking full advantage of all that your health plans have to offer
- Understand how you can engage in your health care to receive quality care
- Hear about cost saving measures to help keep premium increases low

### SOCIAL MEDIA: USE AND MISUSE

Thursday, May 26 11:30 a.m. – 12:30 p.m. CT

In this workshop, Optum explores both the benefits and negative impacts of social media. While we recognize there are many reasons to engage with others through social media, there is a downside if it becomes too compulsive and if we can't switch it off. You may have read about how social media can be addictive and harmful. There are many simple changes we can make to help keep social media fun and relevant.

- Learn how social media use impacts our bodies and brains
- Build a framework for thinking about social media use
- Be equipped with tools to help manage social media use
- Gain understanding of how to talk with children and teens about these issues



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