

4MIND4BODY LUNCH AND LEARN

**PARTNERS
FOR HEALTH**

How to Slow Down

Presented by Optum | Thursday, Sept. 15

Slow down and gain control of stress

Learn the benefits of slowing down and pacing strategies associated with stress. This program takes a serious look at the factors contributing to the frenetic pace of today's world and identifies why we feel so rushed. You'll get practical suggestions for gaining control of the stress created by our environment.

Participants will:

- Examine belief systems
- Create an action plan to identify ways to slow down and strategies to enjoy life more
- Learn how slowing down will help us work more productively



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Using Mindfulness to Make the Holidays Happier

Presented by AHM/Optum | Wednesday, Nov. 16

Reduce holiday stress with mindfulness

Learn how to practice mindfulness and self-care during this busy time. "Make the Holidays Happier" webinar helps identify factors that contribute to holiday stress. It also explores ways to create the kind of holiday celebration that meets your needs. You'll be able to make better choices for the holidays while lowering stress levels, improve family relationships and have more fun.

Participants will:

- Practice techniques for keeping expectations realistic
- Plan for approaching the holidays differently this year
- Determine coping strategies that promote well-being throughout the season



[CLICK HERE TO REGISTER](#)

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

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