

# 4MIND4BODY LUNCH AND LEARN

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

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## Make the Most of Your Workday

*Presented by AHM/Optom* | Wednesday, June 22

### Fit fitness into your workday

You may not have time for a full workout over your lunch break. But you can find ways to move, stretch and help your posture during work.

### Making the most of your workday

How would you describe a productive day? Understanding time management is important to success in all activities,

and our overall sense of contentment.

- Learn strategies for better time management
- Gain insight into how perfectionism and procrastination get in the way of productivity
- Get strategies to stay active throughout the day
- Learn how to maintain posture and methods of stretching during the workday



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## Healthy Hydration: Choose Your Drinks Wisely

*Presented by AHM* | Thursday, July 14

### What do you think about water?

Think about what you drink in a day. Are you getting enough water? We'll talk about easy ways to get

more water each day. You'll also learn how to make sure you're not getting more than you bargained for from your drinks.

## State Retirement Plans & Resources

*Presented by RetireReadyTN* | Wednesday, Aug. 17

### Learn more about your retirement benefits and resources

Take a look inside the retirement benefits and resources available to you through RetireReadyTN, the state's retirement program. Topics will include the Tennessee Consolidated Retirement System defined

benefit plan, the State of Tennessee 401(k) and 457 Plans, and how these benefits come together in the Hybrid and Legacy Plans. We'll also provide detailed information about how to maximize the benefits of each plan, and take full advantage of the many financial education resources available through RetireReadyTN.



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