

4MIND4BODY

LUNCH AND LEARN

All sessions available via webinar. Pre-registration required. [Click here for more information.](#)

State Retirement Plans and Resources

Presented by RetireReady TN

Wednesday, Aug. 9, starting at 11:30 a.m. CT

The session will provide an overview of the retirement benefits and resources available to you through RetireReadyTN, the state's retirement program. Specific topics will include the Tennessee Consolidated Retirement System defined benefit plan, the State of Tennessee 401(k) and 457 Plans, and how the benefits of each come together in the Hybrid and Legacy Plans. RetireReadyTN will also provide detailed information about how to maximize the benefits of each plan and take full advantage of the many financial education resources available to you through RetireReadyTN.



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Simplify Work, Life and You

Presented by ActiveHealth Management and Optum Health

Wednesday, Sept. 13, starting at 11:30 a.m. CT

Are you feeling overwhelmed by everything life throws your way? We will take a closer look at how you can organize your time and manage commitments. Learn how to prioritize tasks and procrastinate less. You'll leave with strategies to help create a more balanced life.

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How to Support Mental Health

Presented by Optum Health

Wednesday, Oct. 18, starting at 11:30 a.m. CT

From time to time we all have friends or family who suffer with low mood. When low mood persists, it's hard to know what to do, especially when you don't want to make things worse. This is not a program about your mental and emotional health; it's about the positive role you can play in other's wellness. Because you're probably not a doctor or health professional, there are limits to the support you can provide, so it's important to know those boundaries. Then, once you understand those limitations, there are many helpful and supportive conversations and actions you can take.

Participants will:

- Understand the boundaries of being a supportive friend versus the role of professionals.
- Know how to overcome social stigma and start the conversation.
- Identify questions to ask and actions to take.
- Recognize the importance of being there.
- Learn that talking about suicide will not make things worse.
- Explore how to follow up without being intrusive.

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