




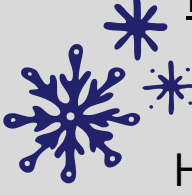





Hello, January



Week	Monday	Tuesday	Wednesday	Thursday	FRIDAY
January 1-5	 State Holiday	Talkspace is your space. It's private, confidential, convenient, and it's included as part of your behavioral health benefits.	Join the Goal Getters Challenge from Jan. 8-31 to start the New Year off strong. <u>Sign up</u> today!	Take a Fitness Break with DCS from 10-10:15 a.m. (Calendar invite)	Are you familiar with the Partners for Health wellness program ? <u>Learn if you're eligible to earn an incentive.</u>
January 8-12	Check out some <u>free on-demand workouts</u> from our website! 	Join us for a Dance Break from 12-12:15 p.m. (Calendar invite) 	Soup's on in thirty minutes with this Instant Pot Vegetarian Lasagna Soup . 	Join a Meditation Break with TDH from 11:15-11:30 a.m. (Calendar invite)	"The best way to predict the future is to create it." ~Peter Drucker
January 15-19	Dr. Martin Luther King, Jr. Day State Holiday 	"Forgiveness is not an occasional act. It is a permanent attitude." ~Dr. Martin Luther King, Jr.	Give your mind a break at Meditation with Nat from 11:30 a.m. – 12 p.m. (Calendar invite)	 Move More with these tips from the American Heart Association.	New to tofu? It's low in calories, but high in protein. Try this Spicy Tofu Hotpot at home!
January 22-26	 Join Yoga for All from 12-12:15 p.m. (Calendar invite)	Learn What is a Healthy Weight? from 12-12:30 p.m. (Calendar invite).	Take a 10-Minute Fitness Break with DHS from 11-11:10 a.m. (Calendar invite)	Roasting veggies is a great way to bring out their natural sweetness. Try Roasted Parsnips and Carrots .	Find support near you with the Optum Health Community Connector!
January 29-31	"If you don't like the road you're walking, start paving another one." ~Dolly Parton	How are those goals going? Let's chat at the Goal Getters Check-in from 12-12:30 p.m. (Calendar invite)	 @WorkingForAHealthierTN FOLLOW US 	Please note: All times listed are in the Central time zone.	