

4MIND4BODY

LUNCH AND LEARN

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



Be Proactive and Age Healthfully

*Presented by ActiveHealth Management
and Optum Health*

Wednesday, May 10 starting at 11:30 a.m. CT

Preventive care is one of the key factors that influence long-term health. You can be an active member of your health care team. Learn the importance of routine care and what different preventive screenings are available to you. Find out how to make the most of your appointments.

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Take the Pressure Off

Presented by ActiveHealth Management

Wednesday, June 14, starting at 11:30 a.m. CT

Did you know that nearly half of adults in the United States have hypertension? Most people do not know they have high blood pressure until it has damaged the body or led to other health problems. That is why it is sometimes called "the Silent Killer." In this session with ActiveHealth, we will talk about what affects blood pressure levels. You will learn what lifestyle factors can manage or prevent it.

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