

# 4MIND4BODY

## LUNCH AND LEARN

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

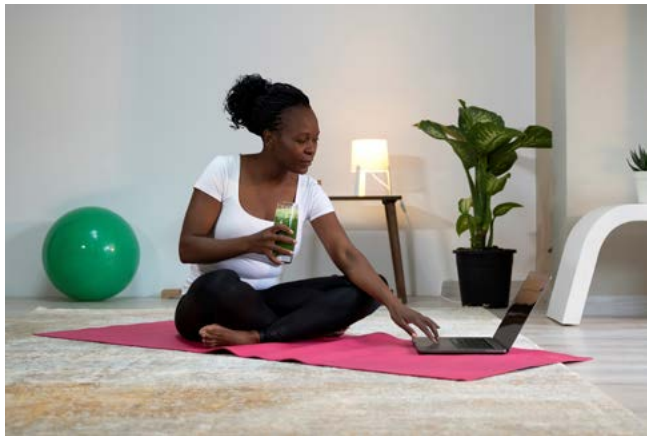
### Give Your Immune System a Boost

*Presented by ActiveHealth Management*

Wednesday, Jan. 11

Your immune system helps protect you from outside invaders, like bacteria and disease. Join ActiveHealth to learn the risks you face when your immune system isn't working at its best and how to give it a boost. Keep your immune system strong and ready to fight for your health.

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### Healthy Weight, Why Wait?

*Presented by ActiveHealth Management*

Wednesday, Feb. 8

What does a healthy weight look like? In this session with ActiveHealth, we'll discuss factors that affect weight management. Discover useful strategies for getting to and keeping a weight that's right for you.

[CLICK HERE TO REGISTER](#)

### Practice Relaxation and Sleep Well

*Presented by ActiveHealth Management and Optum*

Wednesday, March 8

Did you know more than 3 out of 10 adults in the United States don't get the right amount of sleep? Good sleep is not a luxury, it's a necessity. Getting poor sleep or not enough sleep can harm your physical, mental and emotional health. Learn healthy habits to have better sleep patterns.

[CLICK HERE TO REGISTER](#)

