

# 2022 Quarterly Wellness Webinars



Participate in these 30-minute online classes from the comfort of your computer or conference room. Held the first workday of the month **at noon**, webinars are recorded, archived online, and can be viewed anytime that is convenient for you.

## FEBRUARY



**Tuesday, February 1**

### Healthy Aging

As we grow older, there are steps we can take to maintain good health and the ability to function. Healthy eating and regular physical activity are keys to living long, well, and happily. It's never too early or too late to adopt healthy habits and behaviors to increase life span and healthspan.

## MAY



**Monday, May 2**

### Relaxation for Stress Resilience

Take time for some active relaxation to combat stress. An instructor will lead you through a series of gentle yoga movements and relaxation exercises to keep your mind and body invigorated yet calm. Use these simple techniques regularly to increase resilience.

## AUGUST



**Monday, August 1**

### What's Your Meal Plan?

Taking time each week to create a simple meal plan can empower you to embrace healthier eating. Join us to receive tools, resources, and identify specific strategies to successfully prepare meals and snacks for 1-2 people or a larger family.

## NOVEMBER



**Tuesday, November 1**

### Mini Mindfulness Retreat

Curious about how to have more calm, empathy, self-compassion, and awareness in your life? This 30-minute virtual retreat will help you experience living in the moment, judgement-free and could be just what you need as the holiday season approaches!

Register for upcoming or archived webinars through your personal online account at [www.pehp.org](http://www.pehp.org). Type "webinars" in the search bar.

QUESTIONS?

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