



nourish your green zone

connect • learn • move • eat • be mindful • rest

Thursdays at Noon 7-weeks, February 19 through March 2

Nourish Your Green Zone is a program that will guide you through life-changing self-care techniques. These methods will help you optimize your overall health, strengthen social connections, and bolster your resilience to stressors when practiced regularly. Once you learn how to tend to your green zone, you'll be able to physically and mentally identify your "stress sweet spot," which will allow you to engage and progress toward your goals actively.

LAUNCH WEBINAR (1 hour)

- January 19: **Nourish Your Green Zone**

PRACTICE AND DISCUSSIONS (30 minutes)

- January 26: **Social Connection**
- February 2: **Think Positive**
(The Science of Positive Psychology & Psychosocial Buffers)
- February 9: **Move Well**
- February 16: **Eat Well**
- February 23: **Be Mindful**
- March 2: **Rest**
(Sleep and Restorative Activities)



**Register at the link below,
or scan the QR Code.**

<https://bit.ly/NourishYourGreenZone>



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Better you.

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