

WELLNESS CARE PACKAGE

January 2022

PREVEA360
health plan™

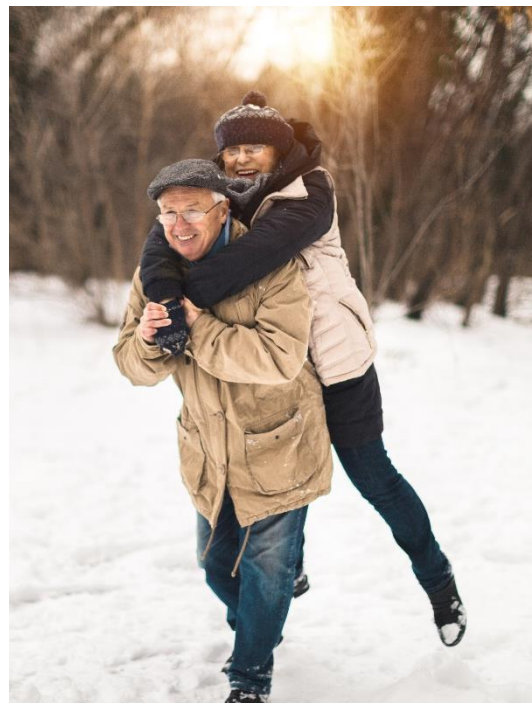
New Year, New Programs and Events!

Check out the **NEW** events calendar to find the upcoming program to align with your health and wellness goals! The listing features:

- Monthly **wellness webinars**: Topics including all 8 dimensions of wellness
- 7-week Freedom From Smoking virtual **tobacco cessation** groups
- Living Healthy, powered by **WebMD challenges**: Challenge yourself to drink more water, be more positive, get financially fit, or track steps.
- **Book Clubs** (virtual): Join others who have a passion for reading!
- Monthly **Move with a Doc** webinars
- **Learning Lofts** (virtual): From making earrings to photo coasters, getting better with Excel, and Abby Can't Cook, you'll be sure to learn something new. Plus, meet others who have similar interests as you!

All free and open to all, regardless of insurance!

[See the Listing!](#)



Three Good Things

Start the new year right by increasing your happiness levels with a scientifically proven, powerful, and effective positive mindset exercise. It takes about three minutes each day but the effects will last much longer!

Set a [REAL Goal](#) to do this for at least 14 days—it takes that long to form a habit—and cultivate your attitude of gratitude.

[Explore all Real Goals](#)

What is Move with a Doc?

Dr. Roopa Shah, SSM Health family medicine physician and integrative health coach, shares her expertise on a health and wellness related topic all while you're encouraged to move – squat, bike, stretch, or walk - just move during this 20 minute session, held on the second Tuesday each month. If you're wondering how to increase your energy or improve your gut biome, this is the program for you!

[Check out the Upcoming Topics](#)



Interested in something else? [Explore all Health & Wellness programs](#)