



MAY: MENTAL HEALTH & WOMEN'S HEALTH 2023



May 9
Fitness Connect Community:
Mental Health Benefits of
Physical Activity
10:00 – 10:15 a.m. CT
[Event Link](#)



May 11
Journey to Wellness
HealthSelect
Benefits Overview
10:00 – 10:45 a.m. CT
[Event Link](#)



May 13
Nutrition Connect
Community
Food & Mental Health
10:00 – 10:15 p.m. CT
[Event Link](#)



May 23
Women's Health:
Q&A with
Dr. Elisa Brown-Pruett
noon – 1:00 p.m. CT
[Registration Link](#)



May 25
Finding Strength
in Connection with
Todd Whitthorne
10:00 – 11:00 a.m. CT
[Registration Link](#)

No-Cost Virtual Fitness!



15 & 30-minute sessions!
Join Instructor-led Zumba,
yoga, strength training and
more!

[Virtual Fitness Calendar Link](#)