

CareHere!®

Mental Health Mondays

Sign up for *Mental Health Mondays*: **Mind, Body, Spirit Connection**



Ever wondered why you get a migraine when you feel stressed? What about the way your body suddenly feels tired and worn out after receiving some bad news?

Our mental and spiritual health has a direct impact on how we feel physically!! To truly take proper care of ourselves, we have to address our health in terms of mind, body and spirit.

This webinar will discuss research that proves there is a mind, body, spirit connection, as well as give you some practical ways to ensure that you are taking the best possible care of your whole self.

To learn how to take care of your mind, body and spirit, join our CareHere Social Worker on:

Monday, January 31st • 11:00a-12:00p CT

**Please note: All webinars and programs must be completed outside of work hours.*

Here's how to register:

To register for any of the above webinars, please go to www.carehere.com and log on with your user name and password. Click on Wellness Registration (Jan-Mar) on the green navigation bar. This will pull up an enrollment form, where you may register for this program. Fill out the form to register and click done. Information on how to join the webinar will be sent to you after you register. You may also call 877-423-1330 to register.

If you are unable to view any of the these webinars at the schedule times, you may request a recorded version by e-mailing recordings@carehere.com.

