



# SELF Care

Week  
May 2-6

MONDAY 5/2	TUESDAY 5/3	WEDNESDAY 5/4	THURSDAY 5/5	FRIDAY 5/6
Healthy Foods on the Go with Dianne Cogburn 6pm  Self-Care Bingo Challenge	Meditation 8am Whitaker Wellness Center  Gentle Yoga Whitaker Wellness 9:15am  Tai Chi in the Garden 11am	Self-Care Meditation/Breathwork with Yvette 12pm & 6pm  Legs up the Wall Podcast	Body Flow 12pm Briggs Wellness Center  Meditation Podcast with Yvette	R&R Chair Yoga LIVE 12pm Telford Auditorium

Self-care promotes a healthy relationship with yourself to the benefit of your physical, mental, and emotional health. When you are unable to care for yourself, it is nearly impossible to care for others.

## May 2-6 is Dedicated to You!

Enjoy the special self-care events and reset to be mindful to your own needs.

### MONDAY

- Healthy Foods on the Go with Dianne Cogburn 6pm [REGISTER](#)
- Self-Care Bingo Challenge [Here](#)

### TUESDAY

- Meditation 8am Whitaker Wellness Center
- Gentle Yoga 9:15am Whitaker Wellness Center
- Tai Chi in the Garden of Hope & Courage 11am  
*Bring employee badge to participate in classes*

### WEDNESDAY

- Self-Care Meditation/Breathwork with Yvette (Virtual)
  - 12pm [REGISTER](#)
  - 6PM [REGISTER](#)
- [Legs Up the Wall Podcast](#)

### THURSDAY

- Body Flow Class 12pm Briggs Wellness Center *Bring employee badge to participate*
- [Meditation Podcast with Yvette](#)

### FRIDAY

- R & R Chair Yoga LIVE 12pm Telford Auditorium  
*Bring employee badge to participate in classes*

Check ManageWell for HRA points!

# *Be Good To Yourself*

## HEALTHY FOOD ON THE GO

Good nutrition is self-care because your relationship with food has the ability to create a better sense of balance in your life. Join Dianne as she provides tips for you to always have healthy good on the go!

## MEDITATION

Regular meditation helps restore mental, emotional, and physical health by way of relaxation. It also helps us better handle stress. Join us and experience an effortless form of guided, sleep-based meditation. Bring your yoga mat

## GENTLE YOGA

This class is appropriate for anyone seeking the benefits of a very relaxing, gentle, and restorative practice. Deep restorative work improves range of motion and joint mobility and reduces pain and the effects of stress. This class is done on the floor and is gentle yet challenging. Bring a yoga mat

## TAI CHI

Finding its roots in martial arts, this class guides you through a series of exercises that improves circulation, flexibility and balance. The slow, controlled movements also help to improve muscular strength while relaxing the mind. It is 45-minutes of nurturing calmness

## SELF-CARE MEDITATION/BREATHWORK WITH YVETTE

Journey into the realm of breathwork with Yvette and increase vitality, kickstart metabolism, strengthen the immune system, improve sleep, manage stress and rebalance the Autonomic Nervous System. Learn basic techniques that you can use anytime, anywhere

## LEGS UP THE WALL PODCAST

Yvette talks about what legs-up the wall pose can do for your body and how to safely execute. Legs up the wall pose is intended to guide your body into a state of relaxation, improve circulation, and help you de-stress.

## BODY FLOW

Ideal for anyone and everyone, BODYFLOW® is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

## R&R CHAIR YOGA

Stretch and strengthen your body while safely improving your balance. Exercises are performed with a chair and the wall is utilized for support. Grab a coworker for this special 25-minute escape. Return to work refreshed and restored