



Mississippi State University
Department of Human Resources
presents
2022 Summer & Fall Wellness Workshops

Take Five: Stop and Stretch

Sitting for long periods of time can negatively impact your health. During this session, your health coach will review stretches you can do sitting or standing.

Wednesday, July 20th, 2:00 pm - 3:00 pm

Fit Fitness into Your Workday

You may not be able to fit in a full workout over your lunch break. But you can find ways to move, stretch, and help your posture during work.

Tuesday, August 30th, 10:00 am - 11:00 am

Get Up, Get Active

Join us to talk about ways to fit physical activity into your schedule, as well as tips on how to stay fired up for long-term success

Thursday, September 22nd, 1:00 pm - 2:00 pm

Team Family: Getting Active Together

Kids learn both from what we say and do. We will discuss ways to help kids make being active a habit that lasts a lifetime.

Wednesday, October 19th, 9:00 am - 10:00 am

To register, simply click on the hyperlinks above. For assistance, email Patricia at phflin@activehealth.com. Participants will be entered into a Prize Drawing. *

*Prize Drawing Rules: No purchase necessary. A purchase will not increase your chances of winning. Legal residents of the 50 United States (D.C.) 18 years and older are invited by the sponsor to participate. Void where prohibited. Sponsor: ActiveHealth Management, Inc.

Presented by Patricia Heflin, MS, RDN, LD
Your ActiveHealth Health Coach



Speak with a Health Coach

Toll-free: **1-866-939-4721**

Monday – Friday, 8 am – 8 pm, CST
and Saturday, 8 am – 1 pm, CST
or visit:

www.MyActiveHealth.com/Mississippi

The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

Wellness programs are sponsored by Mississippi's State and School Employees' Health Insurance Plan's health initiative, Motivating Mississippi—Keys to Living Healthy and ActiveHealth Management, the Plan's wellness vendor."