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**

**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**

**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**

**To register, simply click on the hyperlinks above. For assistance, email Patricia at pheflin@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*

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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 healthcare 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.*