Health Hub Learning Series:

**How to Perfectly Braise Meats and Vegetables with Foodsmart**

Did you know that braising less tender cuts of meat will help them break down into a fall apart, fork-tender meal? Through our Health Hub, this online class will show you how to use braising - from meats and chicken to beans and hearty vegetables. Join us for an info-packed workshop on **Wednesday, February 16 from Noon – 1:00 p.m.**

**Join Us**

**Tips will include:**
- **Learn** the basics of braising along with tips to make the most from what you have on-hand.
- **See** how braising can add flavor and tenderize meat while being a healthy part of your diet.
- **Create** new one-pot meals using Foodsmart’s online tools and recipes.*

*Check your plan benefits to determine if Foodsmart is offered.*
Check out this month’s list of FREE classes:

**Morning Stretch & Meditation**

After a quick stretch, take a little time to reflect on all the things to be grateful for.
**Wednesday, February 9, 7:30 a.m. – 7:45 a.m.**

**Show Your Heart Some Love**

Start your day with a cardio class that’s sure to get your heart pumping!
**Monday, February 14, Noon – 1:00 p.m.**

**Talking With Your Aging Parents**

Learn the best way to talk with your parents about their assets, plans and know where they stand on their legal docs.
**Thursday, February 17, Noon – 1:00 p.m.**
Virtual Fitness Classes

Check out some of the latest **Workout from Home Videos** led by our Wellness Team:

Get started by clicking on the links below:

- Core from the Floor
- Advanced Cardio Circuit
- Stretch & Flexibility

Questions?

Send us an Email and a Wellness RedShirt will get back to you with a reply.

**You Deserve the RedShirt Treatment.®**