



Refresh Your Mental Outlook on Wellness with Our Health Hub

It's spring. The colors of the season are starting to bloom, brightening our lives with a renewed sense of joy and well-being.

This month, Independent Health invites you to take some time for yourself to explore new ways to manage your stress, and enjoy the beauty and simple pleasures of life.

Check out this month's FREE online classes:

Mid-day Meditation and Stretch

Take a moment to relax and recharge your body and mind for the rest of your day. Led by Lauren Christman.

Tuesday, May 10, 12 – 12:15 p.m.



[Join Us](#)



Summer Wellness led by Foodsmart

Join Foodsmart's Culinary and Nutrition teams as they discuss the tools you need to make the most out of summer.

Wednesday, May 18, 1 – 2 p.m.

[Join Us](#)

Stress Management & Mindfulness

Led by Joshua Bradley, Program Director at Horizon Health Services, this class will discuss how to practice mindfulness, factors that lead to stress and burnout, and ways to cope.

Wednesday, May 25, 3 – 4 p.m.



[Join Us](#)

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:



[Vagus Nerve Series, Part 1](#)

Learn about the vagus nerve: What it controls, why it's important and how to use our breath to activate it.

[Vagus Nerve Series, Part 2](#)

Building from Part 1 in the series, watch this video to learn how breathing, movement and stretch can activate the vagus nerve.

[Vagus Nerve Series, Part 3](#)

Find a quiet spot and participate in a guided meditation to calm your mind & body.

Questions?

Send us an [Email](#) and a Wellness RedShirt will get back to you with a reply.

You Deserve the RedShirt Treatment.®

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