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.**

**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.**

**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.**
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.®
ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-501-3439 (TTY: 711). Independent Health complies with Federal civil rights laws. Independent Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-501-3439 (TTY: 711). Independent Health cumple con las leyes federales de derechos civiles. Independent Health no excluye a las personas ni las trata de manera diferente en virtud de su raza, color, nacionalidad, edad, discapacidad o sexo. 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-501-3439 (TTY: 711). Independent Health 遵守聯邦民權法，不因种族、肤色、国籍、年龄、残疾或性别而排斥或歧视任何人。

We hope you found this message to be useful. However, if you would prefer not to receive e-mails like this from Independent Health in the future, you may unsubscribe here. To ensure e-mail delivery, please add information@myindependenthealth.com to your address book.

©2022 Independent Health Association, Inc. IH32155
All rights reserved. Independent Health is a registered trademark of Independent Health Association, Inc.

Independent Health
511 Farber Lakes Drive, Buffalo, NY 14221
www.independenthealth.com