



For state and higher education employees and spouses

## 30-minute Healthy You group coaching classes

Get started on your path to better health.

**PARTNERS  
FOR HEALTH**

**ActiveHealth**  
MANAGEMENT.

Join a half-hour **Healthy You** online group coaching class and see how much better you can feel. Different classes are offered each quarter. Check out what's happening this quarter.

### New classes each quarter

See back of this flyer for details.

It's easy to sign up. Just call  
**1-888-741-3390.**

We offer classes on many days and times.  
Call today and pick a time that works for you.

## How to attend a class

You'll join on your computer. Just follow these simple steps.

- Step 1:** Call **1-888-741-3390** to sign up for a class.
- Step 2:** You'll get an email invitation from WebEx. Follow the instructions in that email to register. You'll get an email confirmation with a link for your class.
- Step 3:** When it's time for your class, just click on the link in the confirmation email to join. You can also chat with your course instructor online during the class.

The information provided by the ActiveHealth Management health and wellness programs is general in nature. Our programs, care team and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers. If you have specific healthcare needs or would like more complete health information, please see your doctor or other healthcare provider.

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## **30-minute Healthy You online group coaching classes in January, February and March.**

All times are Central Time (CT). Classes last for 30 minutes.

### **Transform Your Exercise Routine:**

- January 10 at 11:00 AM
- January 12 at 5:30 PM
- January 23 at 7:00 PM
- January 26 at 8:30 AM
- February 13 at 10:30 AM
- February 16 at 4:00 PM

Are you bored with your normal exercise routine? Come learn about the different kinds of exercise. And how to mix and match them to add variety to your routine.

### **Makeover My Heart:**

- February 7 at 6:30 PM
- February 10 at 1:00 PM
- February 21 at 9:00 AM
- February 23 at 5:30 PM
- March 14 at 5:30 PM
- March 17 at 9:30 AM

Heart disease is the leading cause of death among both men and women. Join us to learn the lifestyle changes you can make to lower your risk.

### **Slowing Stress:**

- January 18 at 6:00 PM
- January 20 at 10:00 AM
- March 6 at 2:30 PM
- March 8 at 8:30 PM
- March 22 at 1:30 PM
- March 23 at 7:30 PM

Do you ever become so busy you forget to take care of your health? Learn ways to slow down and take time for your health. Discover how to bounce back from stress. Get helpful insights on how to ride out the daily ups-and-downs, mindfully.

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