



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 April, May and June**

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

### **Gut Check - What You Should Know About Colon Cancer:**

- April 5 at 11:30 AM
- April 7 at 6:00 PM
- April 19 at 7:00 PM
- April 22 at 9:30 AM
- May 10 at 6:30 PM
- May 13 at 9:00 AM

Colorectal cancer is the second-leading cause of cancer related death in the United States. Screening for this cancer can find it early when it's easier to treat. And it can even prevent it. Find out what you can do to get screened and how to lower your risks.

### **Ditch the Diet Mentality:**

- April 11 at 4:00 PM
- April 13 at 8:30 AM
- June 8 at 8:30 AM
- June 10 at 2:00 PM
- June 20 at 11:30 AM
- June 21 at 7:00 PM

Cut out the carbs. Eat fat free. Wait, don't we need some fat and carbs? It's confusing. Eating healthy is a big part of your overall well-being. Come learn a little about trendy eating plans and a lot about lifelong healthy eating strategies.

### **Work, Life, and You:**

- May 2 at 8:30 AM
- May 4 at 4:00 PM
- May 16 at 3:00 PM
- May 19 at 10:30 AM
- June 14 at 9:30 AM
- June 16 at 5:30 PM

Feeling overwhelmed by everything life throws your way? Unsure how to balance it all? We get it. Let's take a closer look at how you can organize your time, prioritize what's important, and take control of your life.

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