MAY IS FOCUS ON PHYSICAL HEALTH MONTH

We should all be mindful of our mental and emotional well-being, but now is the Time to Think about our Physical Health! With spring in mind, Thrive has arranged an array of opportunities to empower and ease us back into managing our physical wellness throughout the month.

CHECK THE SCHEDULE BELOW AND LET’S GET OUR HEALTH BACK ON TRACK:

**TUESDAY, MAY 11, 11:30 A.M. TO 12:30 P.M.**
Presentations by state health plans HealthChoice and CommunityCare HMO.
- Discussing their wellness and chronic disease management programs.
- Register for virtual session [here](#).

**FRIDAY, MAY 14, 11:30 A.M. TO 12:30 P.M.**
Ask the Pharmacist by Dwight Davis, Compounding Pharmacist.
Presentation covering topics like medication compliance, COVID-19 vaccines and pain management alternatives.
- There will also be a Q&A.
- Register for virtual session [here](#).

**TUESDAY, MAY 18, 11:30 A.M. TO 12:30 P.M.**
Modified Ergonomics for Working from Home by Rebecca Hill of Balanced Care Chiropractic.
- Presentation covering agronomical workstation organization at home to prevent health issues.
- Register for virtual session [here](#).

**FRIDAY, MAY 21, 2-2:30 P.M.**
- Attend virtually or in person at the Will Rogers Building, Room 214.
- Learn fun and easy line dancing steps.
- Register for in-person or virtual session [here](#).

**TUESDAY MAY 25, 11:30 A.M. TO 12:30 P.M.**
Presentations by state health plans BlueLincs HMO and GlobalHealth HMO.
- Discussing their wellness and chronic disease management programs.
- Register for virtual session [here](#).

**WEDNESDAY, MAY 26, 11 A.M. TO NOON.**
Tobatta Hit Class by Heidi Jeffcoat, ACSM Personal Trainer.
- Appropriate for all fitness levels.
- Combination strength and cardio exercises.
- Register for in-person or virtual sessions [here](#).