

Your Health Coach Will Be Here On:



- **Wednesday, May 20th**
- **Presentation: Spotting Your Sources of Stress**
Learn to identify your stress triggers and how to assess your stress levels as well as useful techniques to track and manage stress.
- **Stress Relief Activities: PMR Guided Demonstration & Aromatherapy Activity**
Progressive muscle relaxation, or PMR, is a method for relaxing groups of muscles by tensing the muscles and then quickly letting the tension go. Find out more about aromatherapy through an interactive learning experience to discover the healing properties of essential oils in managing stress.
- **The Franklin Center, Room 115**
- **1:00 pm – 2:00 pm**

**All Individual Health Coaching participants will be entered into a sweepstakes drawing for a chance to win a \$100 gift card provided by ActiveHealth Management*

Presented by: Patricia Heflin, MS, RDN, LD

Your Onsite Health Coach -

I am a licensed, registered dietitian who is excited about sharing my knowledge of health and wellness with others. With a M.S. degree in nutrition, I have a strong background in community nutrition and public health and enjoy engaging participants in setting and achieving new health and wellness goals. A favorite quote of mine states "the greatest medicine of all is to teach people how not to need it." Those words ring so true in that we can take charge of our health when we are given the tools and knowledge to make healthy lifestyle changes.



Speak with a health coach toll-free:

1-866-939-4721

Monday – Friday, 8:00 am – 8:00pm, CST
And Saturday, 8:00am – 1:00pm, CST, or visit:

www.MyActiveHealth.com/Mississippi

