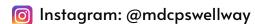
Stay Connected:

X X/Twitter: @MDCPSWellWay







Tuesday Wednesday Thursday Friday Saturday Monday Sunday



Reminder! Schedule your yearly preventive screening!





TGIF! Plans to go out to dinner tonight? Challenge yourself to eat something healthy on the menu and drink a full glass of water.

Hungry Harvest Produce Guide

To help us build a waste-free future with every plate you create, check out this handy reference guide loaded with storage tips, kitchen hacks, and recipes



Love Your Body

We can be so hard on ourselves sometimes. Take a moment today and write down what you like about your body and why.









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Stress doesn't just affect you emotionally, it affects you physically too. Take this 3-min test to check your stress level and create a

Cigna Stress Test

SELF(





Happy Saturday Everyday shines when attitude shine through.

Turn any negative thought into a positive one!





Flu Season





SEPTEMBER

LIFESTYLE MEDICINE NO POITY presents

STRESS MANAGEMEN Thoughts, Stress, and as MEDICINE

HE FLORIDA CIGNA HEALTHCARE TEAM



Overcome Negative

Life's Challenges!





What to Know **About Positive Affirmations**

Positive affirmations are a form of self-help. Practicing daily positive affirmations can help vou overcome fear and self-doubt

Search for a Farmers Market Near YOU!

Each farmers market reflects the area's charm with locally produced specialties — such as fruits, vegetables, nursery stock and other products.



Tips to Relieve Stress

- Take slow, deep breaths -Soak in a warm bath -Listen to soothing music. -Take a walk -Take a yoga class. ·Have a massage or back rub



CHOLESTEROL **2**6

Get Yourself Prepped • Get organized the

night before Set the alarm 10

minutes earlier. Pack your breakfast to go.







Cardiovascular disease is the world's #1 killer. Work out to reach your target heart rate







TO REMEMBER

Questions/Hotlines:

Cigna Representative: 1-800-806-3052, 24 hours/7 days a week

Cigna Total Behavioral Health Program: 1-800-806-3052 OPT.3 24 hours/7 days a week

FBMC Representative: 1-855-632-7748, Monday-Friday, 7am - 7pm

Office of Risk and Benefits Management: 305-995-7129 District Employee Assistance Program: 305-995-7111

Well Way: 305-995-7129

Jacie Robles, RDN/LD, Health Coach: 786-514-0205