

## Anxiety Unscripted

Thursday, Feb. 15 | noon

It's normal to experience occasional anxiety. However, anxiety that interferes with daily activities, is difficult to control or lasts a long time may be an anxiety disorder.

Have you ever wanted to talk about anxiety, or does it make you anxious just thinking about it? Talking about it can help normalize it for you or your friends and family. So, gather your questions, thoughts, and ideas and [join us for this Learning Loft](#). Health Transformation Consultants, Jessa Kinnamon and Kathy Chambers will discuss strategies and coping skills to help with symptom reduction, followed by Q&A and open conversations.



## The Low-Down on Blood Pressure

Tuesday, Feb. 13 | noon

February is American Heart Month – the perfect time to learn more about blood pressure.

Blood pressure — what is it and why does it matter? Is high blood pressure bad? Is low blood pressure good? [Join Dr. Roopa Shah](#) as she answers these questions and more during this edition of Move with a Doc.



## Stress Management Workshop

Tuesdays, March 5 – April 9 | 4-4:45 p.m.

Stress is a normal reaction to life's demands, but too much can upset your health and well-being. It can affect your mood, weight, sleep, body, and relationships. That's why managing your stress is so important!

Stress management tools and techniques can help you control and reduce stress so you can find calm and balance in your life. This workshop gives you a mindfulness approach to reducing everyday stress.

[Sign up for this six-week series](#) and learn about stress, mindfulness, intention, alcohol intake, adequate sleep, and how to worry less and just be.

*Programs are open to everyone, unless noted\**

## A Healthy Weigh to Go\*

Monday, March 4 – Sunday, May 26

A 12-week weight management program that goes beyond nutrition and physical activity. This program takes a whole-person approach and covers topics in all dimensions of wellness to help you achieve and maintain long-term success.

[Sign up and get the following:](#)

- Verified weigh-ins
- Live webinars and custom resources
- Virtual wellness discussions
- Accountability check-ins

*\*Medicare, Medicaid, State of WI, Federal, and non-health plan members are not eligible to participate.*



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