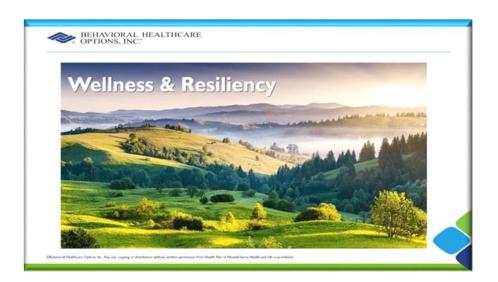
## **Wellness & Resiliency - Recorded Training**



## **Wellness and Resiliency**

What is wellness and what can I do to improve my health and wellness. This will help you understand the following:

- What is Wellness?
- Circadian Rhythm
- Healthy Habits
- Breath-work Benefits & Techniques
- Learn how to slow down

## https://www.brainshark.com/uhc/Wellness



For more information or to make a confidential appointment with an EAP counselor, call Behavioral Healthcare Options at **800 873-2246** 



