

Welcome to

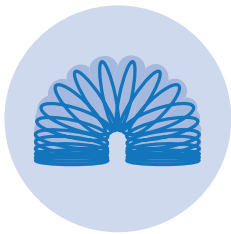
The Break Room

A wellness webinar series
with Premise Health

Check out our upcoming topics:

Stretch Break

Guided movements and tips for workday relief



Whether you're standing most of the day or sitting at a computer screen, staying in the same position for too long can cause musculoskeletal issues. Take a break with us to learn accessible stretches and ergonomics tips anyone can practice in their workplace to find relief.

February 8, 2 p.m. CT / 3 p.m. ET

Skin Defense

Your summer skin protection guide



Let's talk skin. It's your body's largest organ, and the sun's rays can leave our skin irritated, damaged and prone to premature aging if not protected. Join us to understand the steps you can take for your skin health and why SPF is a must for your daily routine.

May 3, 2 p.m. CT / 3 p.m. ET

Care for All

Who you are is how we care



Premise Health believes everyone deserves access to quality, accessible care – and that includes you. We take an inclusive approach, and in this webinar, we'll talk about how and what you can expect from the whole person care provided by your Premise Health wellness center.

June 7, 2 p.m. CT / 3 p.m. ET



Eating Whole

How to balance your gut and improve your health with food



Many processed foods can lead to inflammation and uncomfortable symptoms in your gut, as well as other potential health issues when consumed too often. Rather than restricting yourself, learn what foods you can add to your diet for better health and a happier gut.

September 13, 2 p.m. CT / 3 p.m. ET

Calm Through Gratitude

How to ease anxiety this holiday season



From nonstop gatherings to an endless to-do list, this time of year can feel like a whirlwind. This holiday season, we're pressing pause and focusing on gratitude to comfort anxious thoughts and ground ourselves in the present. Anxiety can be unavoidable during the holidays, but a gratitude practice can help relax your mind and guide you through this fun, yet chaotic season.

December 6, 2 p.m. CT / 3 p.m. ET



Learn more and register
members.premisehealth.com/webinars/the-break-room/

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members.premisehealth.com/webinars/break-room/library/

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