

## August Newsletter

We have two months remaining in our Preventive Care & Environmental Well-Being Campaign!

Use the QR codes below or the links in the attached email to sign up for events.

See Page 2 for this month's highlighted resources, recipe, and upcoming local wellness events to promote Environmental Well-Being.

### August

#### Know Your Numbers Webinar

August 6<sup>th</sup> 12:30-1PM

Understand the importance of BMI, Blood Pressure, Waist Circumference, Cholesterol and Glucose and ways to manage a healthy level of each.



#### How Your Environment Affects your Health Webinar

Aug. 20<sup>th</sup> 12:30-1PM

Discover how your natural and built environments affect your health and how your habits and lifestyle affect the environment.



### September

#### Cancer Awareness Webinar

Sept. 10<sup>th</sup> 12:30-1PM

A look into Cancer Awareness and Prevention, specifically looking at Colon, Breast, and Lung Cancer with tips for Caregiving.



#### MDLIVE Virtual Care Webinar

Sept. 24<sup>th</sup> 12:30-1PM

A break down of your virtual care options through MDLIVE with a guided walk through on how to schedule an MDLIVE appointment on MyCigna.



### August Workout Classes

#### Virtual Cardio Dance Class

August 19<sup>th</sup> from 5:30-6:00PM

Enjoy easy-to-follow choreography, playful rhythms, and repetitive movement patterns. This class will train your body and brain to build new pathways to better memory and overall health.



#### Barre 11: Bounce + Barre

August 23<sup>rd</sup> from 10:30-11:30AM

Enjoy the sculpting and toning of barre mixed with the limitless benefits of rebounding. This is a low impact, full body workout designed for all ages.



# August is National Breast Feeding Awareness Month & National Gut Health Month



## Featured Cigna Resources:

### Healthy Pregnancies, Healthy Babies

HPHB offers maternity coaching beginning in the 1<sup>st</sup> trimester and into postpartum with lactation support. Through HPHB, you can order a breast pump at no cost!

\*\*Mothers who start coaching in the 1<sup>st</sup> trimester and continue into post partum will receive \$150. Those who start in the second trimester and continue into postpartum will receive \$75. Completion of the program from either starting point earns you 1 point towards your wellness incentives for the year. \*\* See the attached flyer to learn more.

### Oshi Health-Virtual GI Care

A digital approach to digestive care. You have access to work with a team of GI specialist including GI providers, registered dieticians, gut-brain specialist, and care coordinators to find lasting relief to your GI issues.

Visit [oshihealth.com/cigna](https://oshihealth.com/cigna) to get started, or find Oshi in MyCigna when searching for GI providers in the find a physician tool.

## Gut Friendly Recipe Provided by Oshi Health

### Chocolate PB smoothie

#### Ingredients:

- 1 cup plain Greek yogurt
- 2 tbsp creamy peanut butter
- 2 frozen bananas
- 2 tbsp unsweetened cocoa powder
- 1 ½ cups full-fat milk of choice
- 4 Medjool dates
- 1 tbsp maple syrup

#### Instructions:

- Add all of the ingredients to a blender and blend on high until smooth

## Environmental Well-Being: August Wellness Events in our Community

- Summer Yoga Series at LC Murfreesboro | Every Saturday this Summer at 9:30AM-Free event!
- Support your gut by choosing local produce from the Murfreesboro & Smyrna Farmer's Market every Saturday at 8AM
- Take your movement outdoors with Smyrna's Outdoor Adventure Center watercraft rentals for a fun kayaking, paddle boarding or canoeing experience
- Experience a free Soul Dancing Class every Tuesday at Patterson Park community center from 6:45-8:30PM