

## **Your Fun Toolbox to Intellectual Wellness**

Growing in gains towards intellectual wellness can make a significant impact in your overall future health. The key here is to just keep your brain challenged in different areas. The cool part is that it can be fun and creative stuff too! Here are some ideas for you to try out this year:

### **1. Take a course or workshop**

- Cigna will be offering quarterly lunch and learn workshops for 2023.

Also you can find local resources such as a Saturday DIY class at some of the following locations:

- Home Depot ([DIY Workshops | The Home Depot](#))
- Joann's Fabric Store ([Projects & Learning - Classes, Events & Project Ideas \(joann.com\)](#))
- Your Local Library
- Rutherford County Agriculture Park Center

([Family & Consumer Science | Rutherford County \(tennessee.edu\)](#)) – Scroll to bottom of page and you can view their monthly calendar of events.

### **2. Learn a new Language**

No pressure, you're not in school anymore, make this an enjoyable experience. There are many options and programs you can choose from but here is a place you can start that give you some ideas:

[9 Places to Learn a New Language Online for Free | Inc.com](#)

Also another very well-known site is [Official Rosetta Stone® - Language Learning - Learn a Language](#)

### **3. Start reading books**

There are free books everywhere! Get your brain working with fiction, non-fiction, educational, and inspirational. Also, they have books online now as well. Either way you are learning 😊

### **4. Listen to Podcast**

Do you know how easy you will start picking up knowledge by just playing an educational podcast on your way to and from work? Find something you always wanted to know about or how to do and just start listening. The knowledge will start to sink in.