

Wellness Care Package

November 2023



Programs are open to all, regardless of insurance, unless otherwise noted*



Great American Smokeout Thursday, Nov. 16

Quitting isn't easy. It takes time, planning, and support. We know that, so we want to be there to help you get started with one-on-one support from our Freedom from Smoking facilitators.

Request a meeting, then on Thursday, November 16, join thousands of people across the country in taking the first step toward a nicotine-free life during the Great American Smokeout.

[Schedule a 1:1](#)

National Diabetes Month

November is National Diabetes Month — a time to bring awareness and education to the chronic condition that affects 37.3 million Americans and is the eighth leading cause of death.

Learn more about the different types of diabetes; signs, symptoms, and risk factors; and the role of carbohydrates in November's Diabetes Awareness Preventive Health Toolkit.

[Learn more](#)

More November Wellness

- *Made from Scratch* (nutrition newsletter) [Rethink your Holiday Meals](#)
- Thursday, November 30 at 7 p.m. [Book Club: *Loving Frank* by Nancy Horan](#)



Wellness from Within WebMD Challenge*

Nov. 6 – Dec. 10

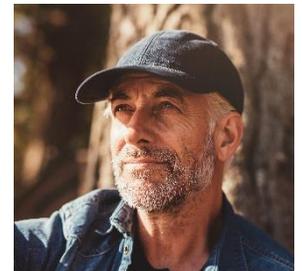
A little reflection can make a big difference in your well-being. Looking within and thinking mindfully can help you feel happier, sleep better, lower your blood pressure, and more.

Sign up for the Wellness from Within WebMD Challenge in your [member portal](#)* (click Living Healthy), and take time to invest in your emotional health by reflecting on a different part of your emotional well-being each week. Daily or weekly journaling can help you process what's going on in your mind and help you overcome stress, anxiety, and depression. Register before or during the challenge.

Move with a Doc: Men's Health

Tuesday, Nov. 14 | noon

Men face their own set of health challenges and their reproductive health matters just as much as a women's. [Join Dr. Roopa Shah](#) in November as she focuses on men's health issues like prostate health, low testosterone, and erectile dysfunction.



Webinar: Strength Training

Wednesday, Nov. 15 | noon

Strength training is an important part of a well-rounded fitness program, and you don't need expensive gym equipment to do it.

[Learn about the benefits](#) and different types of strength training in this webinar. We'll discuss different muscle group exercises and talk about strength vs. endurance. With plenty of reminders and tips on how to create a plan for yourself, you will be able to start adding strength training into your weekly routine with ease.



[Explore more wellness programs.](#)