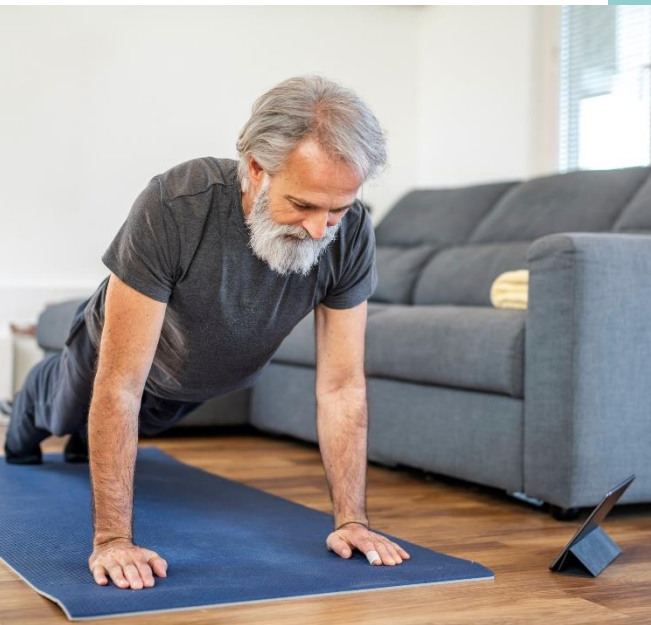


# WELLNESS CARE PACKAGE

## March 2023



### Tri-Fitness Challenge\*

#### March 6 - 26

Physical activity is one of the best ways to help improve your overall physical and mental health. And short-term fitness challenges—like this one—are connected to many positive behavioral changes, increased productivity habits, and overall better quality of life. Whether you are a beginner at fitness or have been at it for years, this challenge can help you set and reach new physical activity goals.

For three weeks you will:

- Choose a level (beginner, intermediate or advanced)
- Complete the weekly activity goals—focusing on all components of fitness (aerobics, strength, and flexibility).
- Track your daily minutes of activity

To register, log in to your [member portal](#) and access Living Healthy, powered by WebMD\*.

### Upcoming Events



3/14 at noon

[Move with a Doc: Autoimmune Diseases and Arthritis](#)

3/15 at noon

[Webinar: Wellness at Your Fingertips](#)

3/23 at noon

[Book Club: Where'd You Go Bernadette](#)

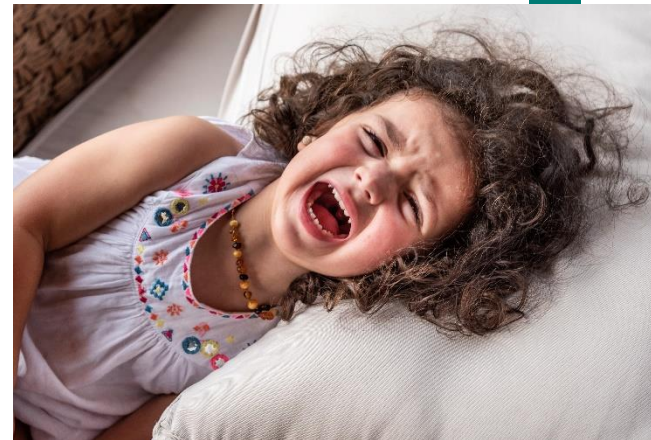


### NEW Parenting Workshop – Tantrums: Toddlers to Teens

Tantrums, meltdowns, and outbursts. They come in many forms and at all different ages. The behavior is often confusing and exhausting for both child and parent. But although it's a normal part of childhood, it doesn't make the behavior easy to parent.

If you're wondering how to better handle the inevitable tantrum, join us for this new parenting workshop session on tantrums. Understand why kids (toddlers through teens) have tantrums and learn strategies to try when they do. This workshop will be 20 minutes of presentation, followed by 10 minutes of Q&A.

[Register to attend on Wed., March 8, at noon.](#)



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

Find more wellness programs at [wellfirsthealth.com/wellness](https://wellfirsthealth.com/wellness).