



DVHT, DVWCT and DVPLT Training Announcement

- Title:** **A Healthier You: How Mental Health Affects Physical Health**
- Description:** There is more and more growing evidence of the connection between our mental health and our physical health. Recent wellness studies show the interconnection between fitness, nutrition, and mental health. Examples include emotional under- or overeating, depression following a medical diagnosis, how exercise can improve mood, etc. Learn to be empowered to make better choices for a healthier you - even during times of stress! This workshop takes a look at your health from the inside out by exploring the connection between mental and physical health.
- Presenter:** Jen Hinds, Health Advocate
- Schedule:** Tuesday, September 13, 2022
10:00 to 11:00 a.m.
- Location:** Virtual Presentation via Zoom – a Zoom link with instructions will be sent to registrants about a week prior to the class.
- Eligibility/Cost:** Open to DVHT (Health), DVWCT (Workers' Comp) and DVPLT (Property & Liability) members at no cost. (This program does not qualify for the DVHT wellness education incentive)
- Deadline:** Registration closes two weeks prior.
- Questions:** Contact cbigham@dvtrusts.com or (267) 803-5720.

Please register the following individuals:

Name: _____ Email: _____

Name: _____ Email: _____

Person completing form: _____ Email: _____

Name of public entity: _____ Phone: _____

Registration options:

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