



# Connecting Mind and Body for Healthy Living

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(Webex)

Your body responds to the way you think, feel, and act. This is often called the “mind/body connection.”

When you are stressed, anxious, or upset, your body tries to tell you that something isn't right. People with good emotional health are aware of their thoughts, feelings, and behaviors. Learn more about the mind and body connection at this lunch & learn!

[Register Here!](#)

