

BERKSHIRE HEALTH SYSTEMS

Winter Wellness Series

A 8-week wellness program designed to help you revitalize and nourish your mind, body, and soul.
January 27—March 17, 2021

it includes:

Weekly webinars with expert BHS hosts
(Wednesday's from 12-12:30pm)

Online Fitness classes
(Tuesday's from 12-12:30pm)

Supportive emails with responsible resources

Access to recordings of both webinars and fitness
classes on YouTube



PLEASE REGISTER HERE:

https://us02web.zoom.us/webinar/register/WN_QIEaOXOQRom7_NFNaY7g4A

to join us
Wellness at Work
BERKSHIRE HEALTH SYSTEMS

PROGRAM *menu*

Jan. 27 | Create a Roadmap to Your Best Self

Feb. 3 | Mindful Nutrition

Feb. 10 | Finding the Joy

Feb. 17 | The Power of Pause

Feb. 24 | Digital Detox: The Benefits of Unplugging

March 3 | Simply Nutritious: Healthy Cooking Demo

March 10 | How to Refresh Your Home with Feng Shui

March 17 | The Stress Response and Emotional Resilience:
Staying in the Eye of the Storm

Webinars will be LIVE Wednesdays from 12-12:30pm
and recorded for later viewing

Webinars & Fitness Classes will also be shown on PCTV



Find these webinars recorded after each event on our
BHS Wellness YouTube Channel at
[https://www.youtube.com/channel/
UCoJB1aSumvFu4RE_bFNtoKQ](https://www.youtube.com/channel/UCoJB1aSumvFu4RE_bFNtoKQ)