

# café series



by **bhs**

## July:

### Salute to Safety

Join us for this month's Café Series as we take time to take care of ourselves.

#### Webinar: Sun Safety

*Presented by: Molly Reitz, BS, MS, Well-Being Coach*

**Thursday, July 20 @ 1 p.m. EST**

Are you practicing sun safety? The sun can provide physical and mental health benefits, but it is important to protect your skin. Tune in to this webinar learn important sun safety terms, the harmful effects of sun on our bodies and action steps you can take for sun protection.



#### Webinar: Genius Breaks 101

*Presented by: Dr. Suzie Carmack, PhD, MFA, MEd, ERYT*

**Thursday, July 27 @ 1 p.m. EST**

If you are looking for new ways to add mindfulness and movement into your workday, try taking "genius breaks." These two-minute breaks can help you manage stress, improve mood, enhance creativity and improve your overall well-being. Tune in to learn how to try these breaks during your work day.



#### Here Are Two Easy Ways to Register:

1. Click on this link: <http://goo.gl/yGbRSh>
2. Visit your organization's MyBHS Portal by going to <http://portal.bhsonline.com> and find the registration link in the "Upcoming Live Webinars" under the "Café Series" tab.

#### Did You Miss a Live Webinar?

Go to your organization's MyBHS Portal and click on the "Cafe Series" tab to access past webinars. On-Demand webinars are listed by date and topic.

Take   
time to  
tune in.