



# May:

## Brighter Days Ahead

Join us for this month's Café Series as we spring into better health and well-being.

### Webinar: Discover Arthritis: Take Control

Presented by: Nick Turkas, MS

Arthritis Foundation, Director, Consumer Support

Wednesday, May 10 @ 1 p.m. EST

About 50 million Americans have been diagnosed with arthritis by a health care professional. Could you be at risk? Tune in to this webinar to learn about arthritis basics and things you and your health care professional can do to treat and manage arthritis.

### Webinar: Mind-Body Connection

Presented by: Candace Gunn, CPT, CFP

Thursday, May 25 @ 1 p.m. EST

How connected are your mind and body? Your thoughts, feelings, beliefs and attitudes can positively or negatively affect your physical body. Tune in to learn more about this relationship and things you can do to nurture your mind-body connection.



### 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.