



## Texas Annual Conference

September 20<sup>th</sup> – 2023 Virtual Day of Wellness Webinars

### 9:00 - 9:40 a.m. | Mood Foods

Food for thought really does exist! Learn how a structured eating pattern, food composition, and certain nutrients can positively affect mood and energy levels.



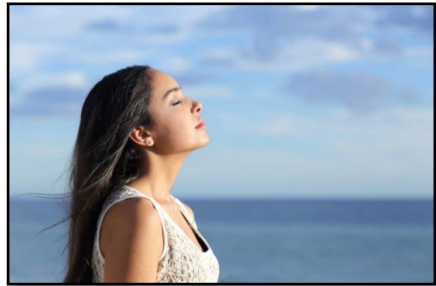
### 9:45 – 10:25 a.m. | Sleep Well, Be Well

Getting enough sleep can be hard with our busy lives, and sleep deprivation can majorly impact our health beyond just feeling tired. Learn how to improve the quality and quantity of this most basic essential human activity.



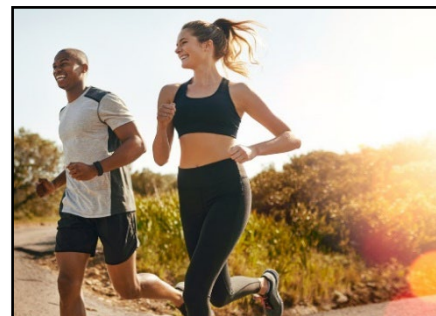
### 10:30 – 11:10 a.m. | Overcoming Mental Exhaustion

Do you sometimes feel overwhelmed or emotionally drained? This is called Mental exhaustion, also known as burnout. It is caused by constant stress that can have you feeling helpless and completely exhausted. In this healthy insight presentation, you will learn how to identify, prevent and overcome burnouts.



### 11:15 a.m. – 11:55 a.m. | More Reasons to Move

Physical activity impacts many areas of our lives, whether it is short-term or long-term. This presentation will dive into the health benefits of physical activity and give you more reasons to move!



### 11:55 a.m. – 12:00 p.m. | TAC – Next steps on your road to Wellness