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My wellness connection

Health information and tips

We're sharing the links to the most recent version of My Wellness Connection that focuses on **Nutrition**. Download this month's issue for health information and tips you can share with your employees.

[My Wellness Connection](#)



Complimentary Webinar

Food and Mood: Supporting mental health through nutrition

September 25th, 2025 | 12pm – 1pm EST

[Register Today!](#)

In a world where stress and mental health challenges are prevalent, unveil the impact of food on mental health. In this session, participants will explore the role of sugar, protein, and fat in brain function. They will also learn about the gut's influence on mood and discover specific vitamins and minerals for emotional well-being. Gain practical tools to nourish your mind through everyday food choices.

Learning objectives - at the end of this session, participants will be able to:

- Discover practical strategies to enhance their eating habits and foster mental well-being
- Uncover the fascinating link between gut-health and the brain
- Explore and identify key nutrients and foods to boost their mood
- Make informed mindful choices, ensuring a positive impact on your mental health



5 Strategies to help you *Nourish to Flourish!*

March is National Nutrition Month, and this year's theme is Nourish to Flourish! Rooted in the holistic nature of nutrition, this theme emphasizes the broader ways in which nutrition can impact our health and wellbeing. Get inspired to make

simple, meaningful changes to deepen your sense of wellness, nourish your body and mind, and truly flourish.

[Click for full article](#)

GET WELL. STAY WELL. LIVE WELL.



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