



BESTHealth

BestY♡U

JUNE SERIES

Summer Self-Care

Get the tools you need to take care of yourself better and make healthy choices daily.

Join us every Tuesday via Microsoft Teams for 30-minute sessions at 7:30 a.m. or 12 p.m.

June 2

Declutter Your Mind

June 9

Move Your Body, Calm Your Mind

June 16

Nurture Your Inner Child

June 23

Protect Your Peace

June 30

Grow Your Glimmers

Attend 4 sessions for a chance to win a \$100 gift card from the [Awardco mall](#).

**Deadline to Enroll:
MAY 28 @ 12 P.M.**

Spaces are limited. [Click here](#) or scan the QR code to enroll today!



Funded by a grant from the Baptist Memorial Health Care Foundation.

BestHealth@bmhcc.org • 901.227.2378 (BEST)