

Build YOUR ARMOR

A 9-week program on strengthening your immune system to better protect yourself during the coronavirus pandemic and flu season.



it includes:

- Access to weekly webinars with BHS hosts and other community speakers
- Supportive emails with responsible resources
- Free fitness and yoga classes from our community (Radiance, Berkshire Yoga Dance & Fit, and more)
- 30-Day Immune System Challenge



PLEASE REGISTER HERE:

https://us02web.zoom.us/webinar/register/WN_KVZj4S9gRSGPg9xsiFwfbw

to join us

 **Wellness at Work**
BERKSHIRE HEALTH SYSTEMS

PROGRAM menu

Week 1 | Keynote

Sept. 9, 2020

An introduction from James Lederer, MD, BHS Chief Medical Officer & Mark Pettus, MD, Director Population Health & Community Care

Week 2 | Food As Medicine: *What's Hot in Nutrition Science & Health?*

Sept. 16, 2020

Week 3 | Tips on Building Exercise into Your Routine

Sept. 23, 2020

Week 4 | Spirituality: *Finding Blessings, Even Now*

Sept. 30, 2020

Week 5 | The Power of Sleep

Oct. 7, 2020

Week 6 | The Healing Power of Nature

Oct. 14, 2020

Week 7 | Staying Positive during Uncertain Times

Oct. 21, 2020

Week 8 | Hygiene Habits for a Happy Immune System

Oct. 28, 2020

Week 9 | Cultivating Your Resilience

Nov. 4, 2020

Webinars will be LIVE every Wednesday from 12-1pm

Find these webinars recorded after each event on our

BHS Wellness YouTube Channel at

[https://www.youtube.com/channel/](https://www.youtube.com/channel/UCoJB1aSumvFu4RE_bFNtoKQ)

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