

## Education Sessions:

### “Mindful Eating”

James Williamson, UHC Health Coach  
9/7, 11:30am-12:30pm,  
Riverview Towers, Habanero Room

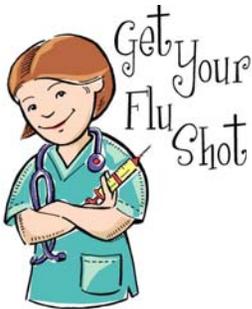
### “Self-Care: Remaining Resilient”

Patti Ricker, Deer Oaks EAP  
9/21, 11:30am-12:30pm,  
Municipal Building, Council Chambers

### “Mindfulness Stress Reduction”

Lucy Ziegler, LPC, on behalf of Methodist Healthcare,  
9/27, 11:30am-12:30pm,  
International Building, Rio Ballroom

# THE POWER OF POSITIVITY



According to the Center for Disease Control (CDC), the influenza (flu) vaccine is the best tool to protect against the virus.

There are several ways you can obtain this year’s flu vaccine:

- Visit your doctor or other network provider. To locate a network provider, visit myuhc.com or call the member phone number listed on your health plan ID card.
- Visit a network Convenience Care Clinic.
- Visit a select retail pharmacy or contracted flu shot provider.

### Convenience Care Clinics

Convenience Care Clinics are typically located in retail stores and don’t require appointments. They provide a limited range of simple care services, including flu shots, and are subject to primary care physician office visit copayments.

- The Little Clinic
- MinuteClinic, CVS Pharmacy
- Take Care Clinics, Walgreens Pharmacy
- Target Clinic



### Retail locations and pharmacies

Pharmacists associated with retail pharmacies can administer flu shots. No appointments are necessary.

- CVS Pharmacy
- Rite-Aid Pharmacy
- Target Pharmacy
- Walgreens Pharmacy
- Mollen Immunization Clinics

\*Please note that there may be some instances where a particular location offered by one of the above centers is not participating in the national UnitedHealthcare network.

# re-sil-i-ence:

the ability to bounce back when faced with stress or pressure.

The subject of resilience in positive psychology deals with the ability to cope with whatever life throws at you. Some people can be knocked down by life and return as a stronger person than ever before. These people are called resilient.

A resilient person works through challenges by using personal resources, strengths and other positive capacities of psychological capital such as hope, optimism and self-efficacy. Overcoming a crisis by resiliency is often described as “bouncing back” to a normal state of functioning. Being resilient is also positively associated with happiness. [www.positivepsychologyprogram.com](http://www.positivepsychologyprogram.com)

Mindfulness breeds resilience. Mindful people can better cope with difficult thoughts and emotions without becoming overwhelmed or shutting down. Mindfulness training could provide a practical means of enhancing resilience & personality characteristics like optimism, zest, and patience. The more mindfulness you practice, the more resilient your brain becomes. [www.berkeley.edu](http://www.berkeley.edu)



“Life doesn’t get easier or more forgiving, we get stronger and more resilient.” -Dr. Steve Maraboli

