



# Nourishment for Your Mind: Clearer, Sharper, and Happier

Jenna Matthews, Health Coach/Reiki Practitioner, will explore caring for our brains through physical activity, stress management, and controlling our thoughts.

**Nourishment for Your Mind:  
Clearer, Sharper,  
and Happier**

**Thursday, May 30**

**1 p.m. - 2 p.m.**

**Register Now**

**Space is limited.**

**Questions?**

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

