

# TARGETCARE LUNCH AND LEARNS



1

## Financial Wellness

Learn the importance and basics of budgeting and saving, along with coping techniques for dealing with financial stress.

2

## Quality Sleep

Learn why sleep is important for physical and mental health, specific ways to improve their sleep, and the link between stress and sleep.

3

## Healthy & Inexpensive Meal Prep

Learn the benefits of meal prepping along with basic steps to get started and healthy ideas for breakfast, lunch and dinner.

4

## Get Moving

Learn why moving your body is beneficial both mentally and physically, and how to incorporate more movement into your daily lives.

5

## Healthy & Inexpensive Meal Prep

Provides techniques to handle acute and chronic stress. Learn the physical and mental coping skills to manage internal and external stressors.

