



RMA St. Louis presents Your Intentional Life

The St. Louis Chapter of The Risk Management Association is pleased to commence its 2021 programming with a five-part series designed to help you be your best self. The first workshop will take place on **January 14, 2021.**

Please join us on a journey toward a more intentional life.

**Workshop 1: Dr. Linda Wheatland Smith - January 14, 2021 at 3:00 p.m. C.T.
Your Wellness Inventory: Prevention and Inspiration for our new paradigm**

Did you sleep last night? Did the sun hit your eyes early this morning? Did you take a brisk walk? How do you settle down and find refuge in relaxation? Can you digitally detox and disconnect? And how do you cope with loneliness and isolation in the time of COVID? We will reflect on ourselves and our current lifestyle choices. We will consider habits including good nutrition and exercise to ward off viruses and keep our immune systems functioning at their best. Can supplements help us? We will create a peaceful moment with guided meditation. We will consider our personal wellness goals.

For this Session please:

- Wear comfortable clothes
- If possible, in setting up for the session, allow yourself room to move and have a rug or mat to stretch out on
- Have a chair and a small pillow nearby
- Turn off your cell phone and plan to be free of interruptions
- Consider the following questions in advance of the session
 - Taking care of ourselves in the time of COVID has provided unique challenges for each of us. What has been most challenging for you during this time? Examples include:
 - Getting a good night's sleep (defined as 7-8 hours with minimal interruptions)
 - Getting outside to exercise and let the sunshine on us
 - Finding time and energy to eat healthfully (5 fruits and vegetables per day, high fiber choices of foods including beans, whole grains, avoiding processed foods)
 - Finding moments of quiet to do nothing, meditate, listen to nice music, enjoy the moment
 - Finding ways to connect to friends and family
 - What are your wellness challenges generally?



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Linda Wheatland Smith, D.C.



- Doctor of Chiropractic
- Certified in Acupuncture
- Learn more about Linda at: <http://handsonhealthstl.com/about-us/>



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Registration Information for the January 14, 2021 session:

- **Presentation Format:** WebEx - Link for applicable session will follow via e-mail upon registration.
- **Workshop:**

Cost			
<input type="checkbox"/>	• Session 1 -Wellness Inventory	• January 14,2021	\$25.00

- **Time:** This session will **start at 3 p.m. C.T. and end at 4:15 p.m. C.T. (75 Minutes)**. An opportunity to ask questions and to network will be provided.
- **Access:** Upon registration and receipt of payment, a link for the applicable WebEx Session will be delivered to the e-mail address provided.
- **Register** for all or individual sessions at <https://community.rmahq.org/stlouis/home?ssopc=1>.
- **Contact** Rose Corbett at rmast.louis@gmail.com (573) 301-6111 with any questions you may have.