



April 2018 | Volume 4

## **Webinars:**

### **“Our Sacred Work” & “Our Spirituality Expressed”**

“Our Sacred Work” webinar will help you understand CHI’s history and how our founding sisters used their gifts and talents to create our healing ministry. The sisters have entrusted us with continuing that tradition. Learn about the significance of using your gifts and talents in contributing to a greater good and to advancing the mission of CHI. “Our Spirituality Expressed” webinar will help you understand some of the ways CHI invites you to bring your spirituality to work every day. Learn about our commitment to non-violent language and why we start meetings with reflections.



**“Our Sacred Work”**

## **Harvest of the Month:**

**Butter Lettuce:** The more greens you eat, the healthier you’ll be.



**The Bottom Line:** Leafy greens are great for you, and you should be eating more of them!

Skip the iceberg and other light-colored lettuces and instead load up on kale, spinach, and other dark greens.

## **Lifestyle Health Coaching:**

Did you know Lifestyle Coaching can help you to feel better and live a healthier life? Whether you are trying to lose weight, stop smoking, or manage stress, getting started and staying motivated can be difficult.

Lifestyle coaching takes place over the phone, with support through secure email follow up, wellness website tools, and resources. Coaching sessions are private and confidential.

To enroll in Lifestyle Coaching, take the first step and call 1-844-451-5807, Monday through Thursday from 8am-8pm, Friday from 8am-6pm, and Saturday from 9am-5pm (all time zones).

