

Healthy Minds, Healthy Hearts

Tuesday, January 29, 2019
3:30–4 p.m.

*Ms. Ashley Cureton
Wellness Consultant
Texas Association of Counties*

During this session, attendees will learn about the importance of a holistic approach to a sustainable healthy lifestyle and identify seven investments to improve their health.

2019 County
and District Clerks'
Association of Texas
Winter Education
Conference

January 28-31, 2019

Embassy Suites by
Hilton Hotel
Conference Center & Spa,
San Marcos

**Piece of the
Puzzle, Part of
the Whole**




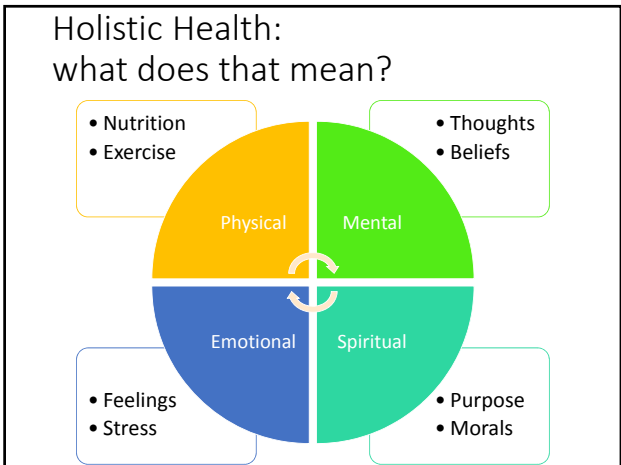
Ashley Cureton is a wellness consultant for the Healthy County wellness program, which serves more than 200 members of TAC HEBP. Cureton earned a master's degree in health education from Texas State University and is a certified health education specialist (CHES). Prior to joining TAC, Cureton taught a health education course at Texas State University. While earning her degree, Cureton interned with Healthy County in the summer of 2013 assisting with program implementation, marketing and communication materials, customer service and organizing a biometric screening pilot program with several counties that participate in Healthy County.



Objectives

1. Learn the Concept and Importance of a Holistic Approach to a Healthy Lifestyle
2. Identify Seven Investments in Health
3. Identify Personal Goals

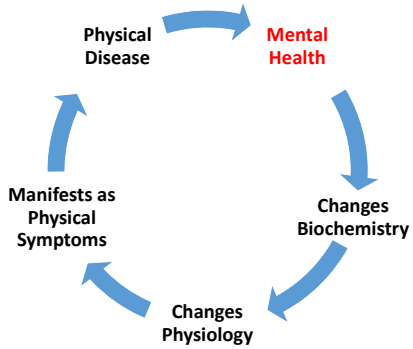


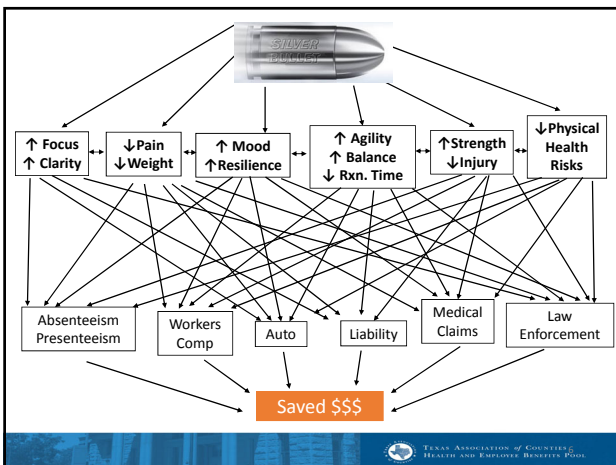


Holistic Health: why is it important?

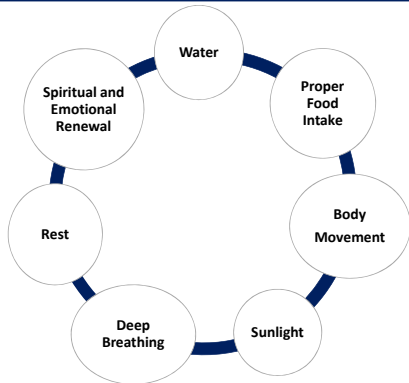
- The domains of health are inseparable.
- A holistic approach allows you to address/improve many different aspects in life- both professionally and personally.

Mental and Physical Health are Inseparable





7 Investments for Better Health



7 Investments for Better Health: goal setting

- Choose three investments and write a S.M.A.R.T goal for each.
 - Specific
 - Measurable
 - Actionable
 - Relevant
 - Time-bound

Examples of S.M.A.R.T Goals

1. On Mondays, Tuesdays, and Thursdays I will spend 30 minutes mediating.
2. Before dinner Mondays-Fridays I will walk outside for 30 minutes.
3. Each day I will drink 64 ounces of water before dinner.

Change the Narrative!
You Get To Choose!!



Thank You

TAC Health Employee Benefits Pool

(512)478-8753 • (800)456-5974
www.county.org/healthycounty