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## Join a Caregiver Support Group

Caring for an aging or sick loved one, whether they are living in the home, at an adult care facility, or long distance, can take its toll mentally, physically, and financially. But you are not alone and there is support out there to help you. Tammie Yancey, Franklin County's EAP Consultant, is now offering a Caregiver Support Group. This will be a confidential space for employees to talk, receive support, share resources, and understand the importance of self-care. Some of the topics discussed will include:

- Balancing work, family, and caregiving
- Stress and emotional changes
- EAP resources
- Respite

The Caregiver Support Group will be held on the 2nd and 4th Tuesday of the month in February and March (2/28, 3/14, and 3/28) from 12:30-1PM. This group is a drop-in format with no obligation to join each week. If you are interested, please contact Tammie Yancey at [Tammie.Yancey@optum.com](mailto:Tammie.Yancey@optum.com) or 614-525-6773.

If you are in need of immediate support, contact your EAP at 800-354-3950. Masters-level mental health counselors are available 24/7.

**WebMD**  
health services

Download the Wellness at Your Side App

Access ThriveOn any time with the *Wellness At Your Side* app. Take charge of your well-being experience and complete the Online Health Assessment, connect with a health coach, participate in challenges, track your incentives, and more-- all from your iPhone or Android device. It's an easy and secure way to personalize your path to better health, even when you're on the go. Download the app today by searching 'wellness at your side' in the Apple or Google Play app stores. When prompted, enter connection code: **ohwellness**. Then login with your username and password to get started!

## Wellness *your* Way

## Pantry Basics: Frozen & Canned Produce

Using fresh fruits and vegetables is not the only way to add plant foods to your diet. Join Maddie Bidwell, Registered Dietitian to learn how using canned and frozen produce can stretch your food dollars and help with quick and easy meal prep, allowing you to create multiple meals using foods already in your pantry and freezer.

This program is a great opportunity to involve your family in well-being! While they may not attend the webinar with you, they will be included in the application of what you learn. Do your kids have a hard time accepting veggies or fruit in their diet? Or maybe your spouse doesn't like trying new foods? Each week this program will provide you with different ideas and opportunities to encourage not only yourself, but also your family towards a well-balanced diet.

Thursdays, March 9-23 from 12-12:45 pm. [Click here](#) to register. Attend 2 sessions to earn a \$50 Well-Being Activity through ThriveOn's *Wellness Your Way* program!

Note: If you plan to attend the webinar from your mobile device or from home, be sure to register with a personal email address (not a work email). The password for all sessions is Wellness.