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Supporting Women Through Menopause

Menopause can be a difficult and confusing time. Maybe you've thought to yourself "will the symptoms ever go away?" or maybe you've had trouble alleviating the symptoms that you do have. Get answers to these questions on **Friday, May 19th from 12-12:30pm**. Join OhioHealth's Stephanie Costa, MD, for an informative discussion on *Supporting Women Through Menopause*. Dr. Costa is an OBGYN with 25 years of experience. She will be discussing what menopause is and why it happens, common symptoms, tips for alleviating symptoms, and more. This session is being provided just for Franklin County Cooperative members. [Click here](#) to register.



The Invitational Steps Challenge

The Invitational Steps Challenge starts Wednesday, May 24th! Start stepping your way to better health today by joining the challenge at fccThriveOn.com. Registration closes Tuesday, May 23rd.

The Invitational is a five-week, teams-based steps challenge. You can sync your fitness device ([click here](#) for instructions) or log your steps manually. If running or walking isn't your preferred type of exercise, download this [activity chart](#) to help you calculate steps for many other activities, including biking, swimming, and rowing.

With *The Invitational* you can gain all the mental and physical health benefits of being physically active, as well as earn a \$50 Well-Being Activity incentive!

How to register: Visit fccThriveOn.com.

How to earn your incentive: Track your steps for at least 5 of 7 days for 4 of 5 weeks.

Boost Energy Naturally with EAP Consultant, Tammie Yancey



The demands of life can be exhausting. Join Franklin County's EAP Consultant, Tammie Yancey, to learn how nutrition, exercise, and stress management all impact overall health and energy levels. You'll walk away from this session with practical strategies for increasing energy in natural ways.

- Tuesday, May 30 from 9am-10am
- Wednesday, May 31 from 1pm-2pm

[Click here](#) for links to join each webinar session and to download the session workbook.



Help ThriveOn Design the Medal for the 2023 5k!

The Franklin County 5k & ThriveOn Challenge will return this fall! ThriveOn is looking for help in designing the medal for this year's race. Email your design to ThriveOn@franklincountyohio.gov by Friday, June 9th and your design might just be featured at this year's race! Looking for a little inspiration? Pictured above and below are the medal designs from past races.



Digital Detox for Your Health

By some estimates, the average adult spends half of their waking hours looking at screens, with around 150 glances at their phone from morning to night. Being present in a plugged-in world can be challenging. Whether it's for work, education, entertainment, or social connection, technology is always seemingly at your fingertips... but it's vital for your well-being to engage in daily interactions without tech distractions. Not to mention that screens are particularly [disrupting to your sleep cycle](#). Try the tips below to unplug, unwind, and detox from the digital world.

- Turn your phone on silent or airplane mode for 15-30 minutes
- Keep your devices screen side down
- Practice device-free dining
- Establish a time to enable Do Not Disturb
- Disable email and social media notifications
- Use a real alarm clock (they do exist!)
- Leave your phone in another room when in the house
- Delete unnecessary apps
- Create technology limits
- Make the bedroom a tech-free zone



Satisfy Your Sweet Tooth with Weight Watchers

Just because you are trying to achieve health goals, doesn't mean you have to ignore your sweet tooth. After all, healthy eating is all about balance. [Click here](#) for 35 decadent dessert recipes to satisfy your sweet tooth.

With Weight Watchers you have access to 12,000+ recipes, just like these, and so much more to help you achieve your health goals. ThriveOn subsidizes the cost of Weight Watchers memberships. Join today for as low as \$9.75/month! Learn more at www.com/fcc.



2021 Medal

2020 Medal



2019 Medal