

# heartbeat

June 2020 Newsletter



## Helpful Resources

Access COVID-19 resources at [workhealthlife.com](http://workhealthlife.com) or [login.lifeworks.com](http://login.lifeworks.com).

Check out Wellbeing Wednesdays on Facebook live at 11:00 am EST at [Facebook.com/LifeWorksSynerVie](https://Facebook.com/LifeWorksSynerVie).

[Workplace Learning Solutions](#) is here to help support you and your organization with training during the COVID-19 pandemic.

Join the [Heartbeat Webinar Series](#) for this month's topic – [Diversity and Inclusion](#), Wednesday, June 17, 2:00 pm EST. Also available to view anytime beginning on June 18.

## Health Check-in

Be proactive about your health—no matter your age. Stay up to date with your recommended screenings and tests. Eat wisely, make sure you're getting enough exercise, and find a sleep routine that helps you get a good night's rest.

## Health



### The Basics of Healthy Living

Some aspects of health are beyond your control because of genetics and environmental factors, but your diet and lifestyle have a big effect on your health.

[Read More](#)

## Health

### Heart Smarts: Quick Tips to Stay Heart Healthy

Heart disease kills thousands of people every year. Your risk for developing heart disease can be greatly reduced by keeping your pulse on some simple preventative steps, and practicing heart smarts.

[Read More](#)



## Health



### Get a Handle on Your Cholesterol Levels

If you're aiming to lower your cholesterol levels, consider your daily habits. Although sometimes linked to genetics, your lifestyle can have an impact on your levels.

[Read More](#)

## People Leader's Corner

### Investing in Your Team's Physical Health

Research has found that occupational health and wellness initiatives dramatically reduce sickness absence while improving productivity.

[Read more](#)



## Recommended for you

### Video

Keeping Up With Health Screenings

[Click here](#)



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