July is National Park and Recreation Month 🏔️

Visit a national, state or local park, and submit photos to WFHT.TN@tn.gov.

Join us for Get Outdoors Trivia!
Friday, July 21 from 10-10:30 a.m. CT
Getting out in nature has many health benefits. Test your outdoors knowledge in this live trivia game led by Wellness Coordinator Morgan Blake. The top three winners will be awarded a prize. An additional prize will be awarded to a participant chosen at random! We'll play using Mentimeter.
Download calendar invite
Can't join us live? A link to this quiz will be available on the Wellness Events webpage after July 21: https://www.tn.gov/wfhtn/challenges/wellness-events.html

Upcoming Virtual Events

Meditation Break with Nat
Wednesday, July 19 from 11:30 a.m. – 12 p.m. CT
Give your mind a break with live, virtual meditation.
This class is brought to you by volunteer instructor and Tennessee State Government employee Nat Chapman from the Department of Human Services in partnership with Working for a Healthier Tennessee.
Download calendar invite

Access all upcoming events: https://www.tn.gov/wfhtn/challenges/wellness-events.html.

Can't attend a live event?
Try this **5-4-3-2-1 Grounding Technique for Anxiety**:
https://youtu.be/FOFK3XyLh7k (2 minutes, 58 seconds)

Spotlight on Tennessee State Parks

Tennessee State Parks offer many activities and events across the state. Find a park and event near you: https://tnstateparks.com/events

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Recipe Spotlight

Enjoy a comfort meal with this **Lighter Eggplant Parmesan**.
Eggplants are a nutrient-rich food that contain fiber, vitamins and minerals. They can
benefit your overall health, including your heart.
https://www.tn.gov/wfhtn/resources/recipes/entrees/lighter-eggplant-parmesan.html

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