

eMpowered for Wellness

Presented by Magellan Healthcare & the Depression and Bipolar Support Alliance



Where we've been, where we're going

A message from Thomas Lane, NCPS, CRPS, senior director, community and recovery supports



Tom with his dog, Millie

Magellan has been creating and sharing the *eMpowered for Wellness* e-newsletter for more than six years, starting with our first issue in the fall of 2012. During those six years, we have covered a wide range of topics with a strong focus on whole health, recovery, resiliency, and social inclusion. Early on, we knew we wanted this to be a resource for the 'peer' workforce – which has now come to include transition-age youth specialists, parent and family support partners and others.

We have continued to evolve along with the peer support movement, and we will continue to provide *eMpowered for Wellness* and other resources at no cost to all who are interested. Here's a glimpse of what to look for in 2019 and beyond. [Read more](#)

***“They always say time changes things,
but you actually have to change them yourself.” - Andy Warhol***



No-cost, on-demand learning opportunities

Check out our new, on-demand webinars highlighting how music can contribute to improved health outcomes. [Read more](#)



Health literacy

We are pleased to offer our readers access to the Healthwise library of resources, including health education and interactive tools in both English and Spanish. [Read more](#)



Digital tools: Couch to 5K

The Couch to 5k app, or C25K, is designed to get you from couch potato to 5k runner, no matter what your starting fitness level. [Read more](#)



Digital tools: Daily Yoga

More than 400 yoga poses await you in the Daily Yoga app, with scheduled plans designed by the pros to help you reach your goals. [Read more](#)



We're looking for your feedback

Take our one-question, online survey to share your feedback about our newsletter. We value your opinions and ideas. [Take the survey](#)



Would you like to learn more?

Join our [email list](#) to receive Magellan's *eMpowered for Wellness* e-newsletter and other occasional emails.

Previous issues of this newsletter are available on Magellan's [Resiliency and Recovery e-Learning Center](#), which offers a range of no-cost resources, including previously recorded webinars and on-demand e-courses about peer support specialists, and a health education and literacy library.

www.MagellanHealth.com/Training