



# Connect with nature

## Aetna Resources for Living<sup>SM</sup>

Let's get out there and enjoy the world around us!  
Let's discover all the benefits of connecting with nature.

This quarter we'll focus on connecting with nature by:

- Exploring and experiencing the benefits of getting outside and moving.
- Learning to breathe, find simplicity and take a well-deserved break.

Check out the member website for articles on mental and physical wellbeing. You can also visit the webinar library, watch videos and listen to podcasts.



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