Where we've been, where we're going
A message from Thomas Lane, NCPS, CRPS, senior director, community and recovery supports

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

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

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: Daily Yoga
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