



Amerigroup will be hosting a **Super Saturday** event in the middle of the year. **They will host four enlightening training sessions** on a variety of thought-provoking topics.

Session One: Understanding PTSD

Time: 9:00 AM - 10:00 AM EST

In this training, participants will gain a general understanding of PTSD. This training will provide a definition of PTSD, an overview of how trauma can lead to PTSD, common causes and traumatic events, symptoms of PTSD, implications of PTSD, diagnosis of PTSD, treatment approaches for PTSD, Self-Care strategies for PTSD. Participants will also learn how to create a supportive environment for loved ones with living with PTSD [click here to register](#)

Session Two: Overview of Bipolar Disorder

Time: 10:00 AM - 11:00 AM EST

The Introduction to Bipolar Disorder Presentation is designed to provide a better understanding of Bipolar Disorder, a mental health condition characterized by extreme mood swings. The objective of this presentation is to dispel misconceptions, spread awareness, and promote empathetic understanding of this complex disorder. The goal is to foster a supportive conversation around mental health. As we strive to create this awareness, let's keep in mind that illness does not define the person, their strength and courage do [click here to register](#)

Session Three: Dental Health Awareness

Time: 11:00 AM - 12:00 PM EST

Dental Health Awareness Presentation is designed to educate and inform individuals about the role oral hygiene plays in our overall health. This presentation seeks to emphasize the connection between dental health and general health, underscoring the importance of maintaining good oral hygiene practices [click here to register](#)

Session Four: Discover Serenity Within: Join Our Mindful Flow Experience

Time: 12:00 PM - 1:00 PM EST

Are you ready to embark on a journey of self-discovery and inner peace? Welcome to our Mindful Flow experience, where yoga, meditation, and somatic movement intertwine to create a sanctuary of tranquility. Our mindful flow experience isn't just about physical exercise—it's about nurturing your entire being. Find solace in the harmony of movement and stillness. Rediscover the beauty of simply being. All Are Welcome: Whether you're a seasoned yogi or new to the practice, our mindful flow sessions are open to all levels. Experience Mindful Flow Today. Reserve your spot now and embark on a journey of self-discovery and renewal. Let the rhythm of your breath lead you to a state of profound peace and vitality. Your journey to serenity begins here [click here to register](#).