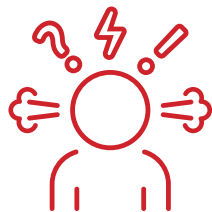


# Coworkers who dine together SHINE TOGETHER.

As cheesy as that sounds, research does show that people who enjoy frequent meals with others have better social and emotional well-being.



Workplace stressors are as harmful to health as secondhand smoke.



Work-related stress is associated with an increased risk of cardiovascular disease.

Mealtime conversations are a great way to connect, unplug and reduce stress. Invite your employees to participate in Together Tuesdays. It can be a simple weekly meal or snack time when coworkers get to know one another better. Nothing fancy, please.



## LOCATION, LOCATION, LOCATION (really doesn't matter)

Have potluck breakfasts in the breakroom, lunches in the company café, or even mid-afternoon munchies on the roof of your building.



## CONNECTION, CONNECTION, CONNECTION (is what's important)

Spending time together has mental and physical health benefits that can't be denied. So relax and enjoy the conversation. After all, social connection is the whole point.

## THE FOUR SIMPLE RULES OF TOGETHER TUESDAYS:



Eyes up.  
Phone down.



Share a table.  
Or a Zoom screen.



Savor each bite.  
Live in the moment.



Do it your way.  
Make it fun!

For incentive ideas and conversation starters, go to [heart.org/Together](https://heart.org/Together).