

Motivating Mississippi Webinar Schedule

Provided by: ActiveHealth Management



[Motivating Mississippi Wellness Webinar Link](#)

Meeting Password: wellness

Call-In Information: 1-866-469-3239 Access Code: 652 167 619

All webinars to be delivered at 9:30am, 1:30pm and 5:30pm CT

Date	Topic	Presenter
January 14 th	New Year's Resolution 2014	Brett
February 11 th	Heart of the Matter	Scott
March 11 th	Healthy Meal Planning for the Family	Patricia
April 15 th	Tips to Fit in Fitness	Brett
May 13 th	Tobacco Free	Rolanda
June 10 th	Pumping Up Your Metabolism	Scott
July 8 th	Turn the Pressure Down- Blood Pressure	Rolanda
August 12 th	Know Your Numbers	Patricia
September 9 th	ABC's of Diabetes	Brett
October 14 th	Sweet Slumber	Scott
November 11 th	Healthy Holidays	Rolanda
December 9 th	Calm Waters- Relieve Stress	Patricia

