

Motivating Mississippi- Keys to Living Healthy
ActiveHealth Management Onsite Wellness Program

Webinar Schedule

Motivating Mississippi Wellness Webinars

Meeting Password: active

Call-In Information: 1-877-658-8148 Access Code: 424 058 2428

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

**Registration is Required*

Date	Topic	Presenter
January 13 th	Ditch the Diet Mentality	Brett
February 10 ^h	Makeover My Heart	Rolanda
March 10 th	Get Moving Today!	Patricia
April 14 th	Think Well, Live Healthy	Scott
May 12 th	Shop Smart and Meal Plan	Rolanda
June 9 th	Nutritional Sources of Energy	Brett
July 14 th	Transform Your Exercise Routine	Patricia
August 11 th	Super Foods	Scott
September 8 th	Preventative Posture	Brett
October 13 th	Managing Your Numbers	Rolanda
November 10 th	The Low Down on Diabetes	Patricia
December 8 th	Healthy Holidays	Scott