



2016 Wellness Webinars



MOTIVATING MISSISSIPPI WELLNESS WEBINARS

9:30AM AND 1:30PM CT

REGISTER AT: <http://go.activehealth.com/mississippi-webinars>

JANUARY 26	GO DIGITAL, GO HEALTHY
FEBRUARY 23	CONTROLLING YOUR BLOOD PRESSURE
MARCH 22	SUPERFOODS 101: UNDERSTANDING THE BASICS
APRIL 26	RESILIENCE: BOUNCING BACK
MAY 24	SECRETS TO STAYING ACTIVE
JUNE 28	PREVENTATIVE POSTURE
JULY 26	THE BUZZ ABOUT BONES
AUGUST 23	HEALTHY MIND, HEALTHY BODY
SEPTEMBER 27	FALL IN LOVE WITH VEGGIES
OCTOBER 25	WOMEN'S HEALTH
NOVEMBER 29	IT'S A GUYS THING
DECEMBER 13	THE GIFT OF HEALTH: HEALTHY HOLIDAYS

