



Webinar Dates and Registration Links

Month	Wellness Webinar	Dates	Registration Link
January	Total Health. It's All Good.	January 9 st	http://go.activehealth.com/wellness-webinars2.html
February	ABC's of Good Heart Health	February 13 st	http://go.activehealth.com/wellness-webinars
March	Shop Smart and Meal Plan	March 13 st	http://go.activehealth.com/wellness-webinars2.html
April	Work, Life, and You	April 10 th	http://go.activehealth.com/wellness-webinars
May	Get Up, Get Active	May 8 th	http://go.activehealth.com/wellness-webinars2.html
June	Mind Your Stress	June 12 th	http://go.activehealth.com/wellness-webinars
July	What You Should Know About Alzheimer's Disease	July 10 th	http://go.activehealth.com/wellness-webinars2.html
August	No Pain, All Gain	August 14 th	http://go.activehealth.com/wellness-webinars
September	Overcoming Emotional Eating	September 11 th	http://go.activehealth.com/wellness-webinars2.html
October	Checking in on Your Checkups	October 9 th	http://go.activehealth.com/wellness-webinars
November	A Growing Concern...Reduce your Risk for Diabetes	November 13 th	http://go.activehealth.com/wellness-webinars2.html
December	A New Year of Health	December 11 th	http://go.activehealth.com/wellness-webinars

Webinars are 45 minutes at 9:00am, 11:30am or 3:30pm CT

Registration is required!

