



LIVING WELL

2021 Wellness webinar series

Ready to make some healthy changes? You can do it and we can help. Check out our wellness webinar series. You'll learn how you can live well and feel better in 2021.

Each webinar lasts about 45 minutes. There's a question and answer session in each one. We offer them three times a day.

10 AM ET, 12:30 PM ET, 4:30 PM ET

January 19

Go digital, go healthy



Do you want 24/7 access to health information? Let's get digital! Learn how our online digital platform and mobile app can support your well-being. And how connecting your devices and apps can help make reaching your health goals easier.

March 16

Gut check: What you should know about colon cancer



Colorectal cancer is the second-leading cause of cancer related death in the United States. Screening for this cancer can find it early when it's easier to treat. And it can even prevent it. Find out what you can do to get screened and how to lower your risks.

May 18

Make your emotional health a priority



Mental health. Emotional health. Behavioral health. The names have changed over time. But whatever you call it, it's an important part of your overall well-being. In this session, we'll talk about what it is and how you can improve it.

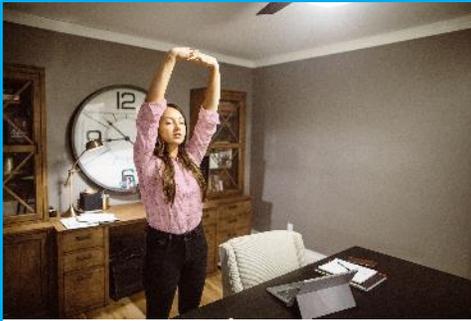
See the next page for more topics.



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July 20

Fit fitness into your workday



How much do you sit during the day? You may not be able to fit in a full workout over your lunch break. But you can find ways to move, stretch, and help your posture during work.

September 21

Healthy eating for families



Eating as a family is good for your physical and emotional health. In this session, we'll discuss why that's true. We'll talk about the basics of meal planning and how to shop smart. And we'll explore how family meals can help your kids form good habits to last a lifetime.

November 16

A growing concern: Reduce your diabetes risk



More than 86 million Americans have higher than normal blood sugar. Are you one of them? You can reduce your risk for type 2 diabetes with a few simple steps. Learn the basics of this growing disease, the risk factors, and how you can achieve better health.

We deliver our free online webinars through Cisco Webex event center. It's easy to sign up.

Visit <http://go.activehealth.com/wellness-webinars> today.

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