



DECEMBER 2018

ActiveHealth® Management Wellness Webinar

A New Year of Health

It's a new year, and that means a new chance to make a healthy lifestyle change. If you're having trouble getting motivated, we're here to help you set goals, overcome challenges, and stay the course for the upcoming year. Healthy habits, here you come!

10:00 am EST
December 11

12:30 pm EST
December 11

4:30 pm EST
December 11

ActiveHealth's free online webinars are delivered through Cisco WebEx Event Center.

It's easy to register

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



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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