



LIVING WELL

2020 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 2020.

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 21

A look at your well-being



Start on your path to well-being in the new year. Well-being looks at how the different parts of your health connect. Learn how moving the body, mood, social circles and other areas that impact lifestyle. And get the best start to 2020!

March 17

Women's health



It's all about women's health. Learn about common conditions and risk factors. Talk about how to spot them, prevent them and control them. Get the facts for you and the women in your life.

May 19

Slowing stress



Do you ever become so busy you forget to take care of your health? Learn ways to slow down and take time for your health. Discover how to bounce back from stress. Get helpful insights on how to ride out the daily the ups-and-downs, mindfully.

See the next page for more topics.





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July 21

A safe and savvy summer



School's out for summer! But you can still learn about staying safe and healthy. Get tips on how to keep cool and hydrated in the blazing temps. Find ways to save your skin from biting bugs and scorching sun.

September 15

Get connected



When life gets tough, having someone to lean on is important. Being around a loved one or trusted friend is a big part of good health. Whether hanging out or talking on the phone, learn how being social is valuable.

November 17

Diabetes and the holidays



It can be hard to deal with the holidays and diabetes. But there's good news! We can help you find better ways to handle it all. Discover some tips and tricks for healthy eating, staying active and managing stress.

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.

Want to watch a webinar again?

Just go to MyActiveHealth.com and follow these simple steps: Click "Health Library," then "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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