



# Webinar Dates and Registration Links

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

Registration is required!

Month	Wellness Webinar	Dates	Registration Link
January	Total Health. It's All Good.	January 31 <sup>st</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
February	ABC's of Good Heart Health	February 21 <sup>st</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
March	Balance Your Diet and Your Life	March 21 <sup>st</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
April	Get up, Get Active	April 18 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
May	Mindfulness Matters: Living in the Moment	May 16 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
June	Sun Safety: Tips to Stay Safe in the Sun	June 20 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
July	Shhh...Goodnight...Sleep Well	July 18 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
August	Boost Your Brainpower as You Age	August 15 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
September	High 5...Healthy Habits at Home	September 19 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
October	Steps to Tobacco Free Living	October 17 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
November	A Growing Concern...Reduce Your Risk for Diabetes	November 14 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
December	Grateful for the Gift of Health	December 12 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>