



# 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, Total You	January 15, 2019	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
February	Take the "Pressure" Off (Blood Pressure)	February 19, 2019	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
March	Road to Wellness: Know Your Numbers	March 19, 2019	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
April	Resilience: Bouncing Back	April 16, 2019	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
May	Make Your Workplace Work for You	May 21, 2019	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
June	Healthy Mind, Healthy Body	June 18, 2019	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
July	Go for Your Goals	July 16, 2019	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
August	Oral Health for Life	August 20, 2019	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
September	Fall in Love with Veggies	September 17, 2019	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
October	High 5! Healthy Habits	October 15, 2019	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
November	Get the Details on Diabetes	November 26, 2019	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
December	The Gift of Health	December 10, 2019	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>