



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	A Look at Your Well-being	January 21, 2020	http://go.activehealth.com/wellness-webinars
February	Pumped for Heart Health	February 18, 2020	http://go.activehealth.com/wellness-webinars2.html
March	Women's Health	March 17, 2020	http://go.activehealth.com/wellness-webinars
April	Staying Healthy on a Budget	April 20, 2020	http://go.activehealth.com/wellness-webinars2.html
May	Slow Stress	May 19, 2020	http://go.activehealth.com/wellness-webinars
June	Men's Health	June 16, 2020	http://go.activehealth.com/wellness-webinars2.html
July	Safe and Savvy Summer	July 20, 2020	http://go.activehealth.com/wellness-webinars
August	Taking Time for Self-Care	August 18, 2020	http://go.activehealth.com/wellness-webinars2.html
September	Get Connected	September 15, 2020	http://go.activehealth.com/wellness-webinars
October	Defining Your Health: Health Literacy	October 20, 2020	http://go.activehealth.com/wellness-webinars2.html
November	Diabetes and the Holidays	November 17, 2020	http://go.activehealth.com/wellness-webinars
December	Tips for a Healthy Stress-Free Holiday	December 15, 2020	http://go.activehealth.com/wellness-webinars2.html