



# 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 9 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
February	ABC's of Good Heart Health	February 13 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
March	Shop Smart and Meal Plan	March 13 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
April	Work, Life, and You	April 10 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
May	Get Up, Get Active	May 8 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
June	Mind Your Stress	June 12 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
July	What You Should Know About Alzheimer's Disease	July 10 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
August	No Pain, All Gain	August 14 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
September	Overcoming Emotional Eating	September 11 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
October	Checking in on Your Checkups	October 9 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
November	A Growing Concern...Reduce your Risk for Diabetes	November 13 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
December	A New Year of Health	December 11 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>