



LIVING WELL

2020 monthly wellness webinar topics

Ready to make some healthy changes? You can do it and we can help. These are the monthly wellness webinar topics in 2020. Join us at 10am, 12:30pm or 3:30pm ET. Each one lasts about 45 minutes. There's a question and answer session in each one.

January 21

A look at your well-being

[REGISTER HERE](#)

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!

February 18

Pumped for heart health

[REGISTER HERE](#)

Your heart is the hardest working muscle in the body. And it needs your help to keep pumping. Learn how to keep your heart healthy through your diet, being physically active and managing your stress.

March 17

Women's health

[REGISTER HERE](#)

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.

April 20

Staying healthy on a budget

[REGISTER HERE](#)

Do you think staying healthy costs a lot? Think again! A healthy lifestyle doesn't need to be pricey. Learn how you can stay healthy on a budget. Get helpful tips for meal planning. Try no-to-low cost exercise ideas.

May 19

Slowing stress

[REGISTER HERE](#)

Do you ever get 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 tips on how to ride out the daily the ups-and-downs.

June 16

Men's health

[REGISTER HERE](#)

Gentlemen, how well do you know your health? Do you know when to get a physical or a preventive exam? Learn about specific risk factors and health needs for men. And how you can help the men in your life stay on top of their health.

See the next page for more topics.





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July 20

A safe and savvy summer

[REGISTER HERE](#)

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.

August 18

Take time for self-care

[REGISTER HERE](#)

Your health begins with you. Take the time to figure out what you need to stay healthy. Maybe it's getting an annual check-up at your doctor. Or having a day to do a self-inventory. With all that you need to do, don't forget to make yourself a priority.

September 15

Get connected

[REGISTER HERE](#)

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.

October 20

Defining your health: Health literacy [REGISTER HERE](#)

What is health literacy? It's how you get and understand important info about your health. And how you use it to make better health decisions. Learn to improve what you know about your health. It can have a big impact.

November 17

Diabetes and the holidays

[REGISTER HERE](#)

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.

December 15

Tips for a healthy, stress-free holiday [REGISTER HERE](#)

Do you struggle to keep a healthy weight over the holidays? Learn some helpful tips to avoid unhealthy weight gain. Talk about healthy eating at holiday parties. And how to manage your stress during this busy and festive time of year.

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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