



Monthly Webinar Dates and Registration Links

Choose one of the following: 10:00am, 12:30pm or 4:30pm ET

Webinars are 45 minutes. Don't miss out, registration is required.

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

