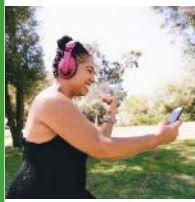




2021 monthly wellness webinar topics

Each webinar lasts about 45 minutes. There's a question and answer session in each one. We offer them three times a day: 10 AM ET, 12:30 PM ET, 4:30 PM ET



Go digital, go healthy

Do you want 24/7 access to health information? Let's get digital! Learn how our online digital platform and mobile app can support your well-being. And how connecting your devices and apps can help make reaching your health goals easier.

January 19

[Register here](#)



Makeover my heart

Heart disease is the leading cause of death among both men and women. Join us to learn the lifestyle changes you can make to lower your risk.

February 16

[Register here](#)



Gut check: What you should know about colon cancer

Colorectal cancer is the second-leading cause of cancer related death in the United States. Screening for this cancer can find it early when it's easier to treat. And it can even prevent it. Find out what you can do to get screened and how to lower your risks.

March 16

[Register here](#)



Work, life and you

Feeling overwhelmed by everything life throws your way? Unsure how to balance it all? We get it. Let's take a closer look at how you can organize your time, prioritize what's important, and take control of your life.

April 20

[Register here](#)



Make your emotional health a priority

Mental health. Emotional health. Behavioral health. The names have changed over time. But whatever you call it, it's an important part of your overall well-being. In this session, we'll talk about what it is and how you can improve it.

May 18

[Register here](#)



Is your headache a migraine?

Do you ever have a headache? We'll talk about what kinds of headaches people have. We'll go over what causes them and what you can do about it. And we'll talk about migraines and how to prevent and treat them, and when to call the doctor.

June 16

[Register here](#)



Fit fitness into your workday

How much do you sit during the day? You may not be able to fit in a full workout over your lunch break. But you can find ways to move, stretch, and help your posture during work.

July 20

[Register here](#)



Good night, sleep well

Did you know over 3 out of 10 U.S. adults don't get enough sleep? Getting too little sleep or even poor sleep can have a harmful effect on your health. Getting enough good sleep isn't a luxury. It's a necessity. You can think of it as a "vital sign" of good health.

August 17

[Register here](#)



Healthy eating for families

Eating as a family is good for your physical and emotional health. In this session, we'll discuss why that's true. We'll talk about the basics of meal planning and how to shop smart. And we'll explore how family meals can help your kids form good habits to last a lifetime.

September 21

[Register here](#)



An attitude of gratitude

Give yourself the gift of gratitude. Practicing gratitude can help boost your mood. But that's not all it does. Join us to discuss how to add happiness and gratitude to your life.

October 19

[Register here](#)



A growing concern: Reduce your diabetes risk

More than 86 million Americans have higher than normal blood sugar. Are you one of them? You can reduce your risk for type 2 diabetes with a few simple steps. Learn the basics of this growing disease, the risk factors, and how you can achieve better health.

November 16

[Register here](#)



Reduce holiday stress with mindfulness

The holiday season can be a time for celebration. But they can also be one of the most stressful times of the year. Learn how to practice mindfulness and self-care during this busy time.

December 14

[Register here](#)

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