



# 2024

## monthly wellness webinar series

First quarter

Invest In Your Health



### A new year of health

It's a new year, and that means a new chance to make a healthy lifestyle change. If you're having trouble getting motivated, we're here to help. You can learn to set goals, overcome challenges and stay the course for the upcoming year. Healthy habits, here you come!

January 23, 2024

[Register here](#)



### Staying healthy on a budget

Do you think staying healthy costs a lot of money? Think again! Keeping 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.

February 27, 2024

[Register here](#)



### Healthy habits: keep the change

We all have habits – both good and bad. And we don't even think about most of them. How did we get them? How can we change them if we want to? In this session we'll talk about the science behind creating positive habits. And how small changes can lead to big results.

March 19, 2024

[Register here](#)

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**

This information is general in nature. It's not meant to replace the advice or care you get from your doctor or other health professional. ActiveHealth isn't responsible for the decisions you make based on this information. Only your medical provider can diagnose, prescribe, or give medical advice. Contact your provider first with any questions or concerns regarding your health care needs.



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Second quarter

Invest In Your Health



### **Ditch the diet mentality**

Cut out the carbs. Eat fat free. Wait, don't we need some fat and carbs? It's confusing. Eating healthy is a big part of your overall well-being. Come learn a little about trendy eating plans and a lot about lifelong healthy eating strategies.

**April 23, 2024**

[Register here](#)



### **Portion control 101**

Once upon a time, a bottle of soda was just over six ounces. Now a bottle of soda has 20 ounces. We're taking in more calories without thinking about it. And we're gaining weight. In this session, you can learn some easy ways to control your portions – any time, anywhere.

**May 21, 2024**

[Register here](#)



### **Pump up the flavor**

Too much sugar, salt and fat in your diet can lead to serious health issues. Healthy food doesn't have to be bland, though. In this session we'll talk about ways to make healthy, delicious food at home.

**June 18, 2024**

[Register here](#)

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Third quarter

Invest In Your Health



### Get up, get active

Regular activity can help improve your overall health and fitness. It can give you more energy and help reduce your risk for some conditions. We'll talk about ways to fit it into your schedule. And how to stay fired up for long-term success.

July 23, 2024

[Register here](#)



### Transform your exercise routine

Are you bored with your normal exercise routine? Come learn about the different kinds of exercise. And how to mix and match them to add variety to your routine.

August 20, 2024

[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. Learn how you can develop daily habits to make your workplace better for your health.

September 17, 2024

[Register here](#)

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## monthly wellness webinar series

Fourth quarter

Invest In Your Health



### Healthy mind, healthy body

Explore how your thoughts can affect your health. Imagine changing your thoughts and improving your overall well-being. Learn ways to cultivate a healthy mind and body.

October 22, 2024

[Register here](#)



### Tips for a healthy, stress-free holiday

The holidays can be exciting. But they can also add stress – both good and bad. We'll review common holiday stressors, like budgets and family time. We'll go over ways to manage your stress. And we'll talk about some coping skills that can help with holiday anxiety.

November 19, 2024

[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.

December 17, 2024

[Register here](#)

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