

2021 Live Wellness Webinars

Our Lunch & Learn Webinars are fun, interactive and engaging!

Join a live webinar presented by our Wellness Experts to learn tools and tips for leading a healthy lifestyle. Attendees can ask the speaker questions, download materials and participate in poll questions- right from their desk!

DATE	WEBINAR TOPIC
JANUARY 27	Goal Setting 101
FEBRUARY 17	Great Start, Healthy Heart
MARCH 18	Wake Up Call: The Importance of Sleep
APRIL 14	Blood Pressure Basics
MAY 20	Food For Thought: The Art of Mindful Eating
JUNE 16	Work Smarter Not Harder: Workplace Ergonomics
JULY 22	First Aid Basics
AUGUST 18	Eating Healthy While Staying Wealthy
SEPTEMBER 23	It's About Time: Time Management for Work Life Balance
OCTOBER 20	Smoke Free for a Better Me
NOVEMBER 18	The ABC's of Diabetes
DECEMBER 15	The Mess of Stress

To join a live wellness webinar:

1. Log into your account at DifferenceCard.com.
2. Click the EDUCATION tab in the navigation bar, then click JOIN WEBINAR.
3. The webinar will launch promptly at start time and you will see the speaker's presentation slides on your computer screen.
4. Audio information will be provided after you join the webinar. Listen through your computer speakers or dial-in using the number and access code provided.