

# 2022 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 26	<u><a href="#">Goal Setting 101</a></u>
FEBRUARY 17	<u><a href="#">Great Start, Healthy Heart</a></u>
MARCH 16	<u><a href="#">Food For Thought: The Art of Mindful Eating</a></u>
APRIL 14	<u><a href="#">Blood Pressure Basics</a></u>
MAY 11	<u><a href="#">First Aid Basics</a></u>
JUNE 16	<u><a href="#">It's About Time: Time Management for Work Life Balance</a></u>
JULY 20	<u><a href="#">Work Smarter Not Harder: Workplace Ergonomics</a></u>
AUGUST 18	<u><a href="#">Wake Up Call: The Importance of Sleep</a></u>
SEPTEMBER 21	<u><a href="#">Ready, Set, Prep</a></u>
OCTOBER 20	<u><a href="#">Wait, It's Not About the Weight</a></u>
NOVEMBER 16	<u><a href="#">The ABC's of Diabetes</a></u>
DECEMBER 15	<u><a href="#">The Mess of Stress</a></u>

To join a live wellness webinar:

1. Log into your account at [DifferenceCard.com](https://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.

