



2024 LIVE WELLNESS WEBINARS

DATE	WEBINAR TOPIC
JANUARY 18	<u>Goal Setting 101</u>
FEBRUARY 14	<u>Great Start, Healthy Heart</u>
MARCH 14	<u>Serving the Facts: Your Guide to Food Labels</u>
APRIL 17	<u>Wake Up Call: The Importance of Sleep</u>
MAY 16	<u>Let's Get Physical</u>
JUNE 12	<u>It's About Time: Time Management for Work-Life Balance</u>
JULY 18	<u>Take a break: Meditation and Stretch Session</u>
AUGUST 14	<u>Ready, Set, Prep</u>
SEPTEMBER 19	<u>Blood Pressure Basics</u>
OCTOBER 16	<u>First Aid Basics</u>
NOVEMBER 14	<u>The ABC's of Diabetes</u>
DECEMBER 11	<u>The Mess of Stress</u>