



2015 Webinar Schedule

Sponsored by **UnitedHealthcare**

Contact your Departmental Wellness Manager for details on how to participate

January 14	New Year, New You!	12:00pm – 12:45pm
January 28	Cervical Cancer – What You Need to Know	12:00pm – 12:45pm
February 11	Back Care on the Job	12:00pm – 12:45pm
February 18	The Beat Goes On: How to Keep Your Heart Healthy	12:00pm – 12:45pm
March 11	Headaches in the Workplace	12:00pm – 12:45pm
April 8	Men’s Health: What Men and Women Need to Know	12:00pm – 12:45pm
May 13	Women’s Health: Understanding What Is Important	12:00pm – 12:45pm
May 27	Sizzling Summer Recipes	12:00pm – 12:45pm
June 10	Eating for More Energy and Less Stress	12:00pm – 12:45pm
July 8	Protecting Your Skin	12:00pm – 12:45pm
August 12	Healthy Sleep: When I Awake, I Will Feel Great	12:00pm – 12:45pm
September 9	Stay Healthy in Flu and Cold Season	12:00pm – 12:45pm
October 14	Breast Cancer – What You Need to Know	12:00pm – 12:45pm
October 21	Cooking for the Holidays	12:00pm – 12:45pm
November 18	Deterring Diabetes and Living Better With It	12:00pm – 12:45pm
December 9	Holiday Survival Skills	12:00pm – 12:45pm