



2017 Webinar Schedule

Sponsored by **UnitedHealthcare**

Contact your Departmental Wellness Manager for details on how to participate

January 11	Resolution Revolution: How to Pick and Stick with New Year Goals	12:00pm – 12:45pm
January 25	Cervical Cancer: Taking Preventative Steps and Staying Informed	12:00pm – 12:45pm
February 8	Caring for the Caregiver	12:00pm – 12:45pm
February 15	Love Your Heart: Love Your Health	12:00pm – 12:45pm
March 8	A New Approach to Nutrition	12:00pm – 12:45pm
April 12	Take an Office Break	12:00pm – 12:45pm
May 10	Women's Health: Maintaining Your Health at Any Age	12:00pm – 12:45pm
May 24	Fitness Motivation	12:00pm – 12:45pm
June 7	Men's Health: Stay Healthy at Any Age	12:00pm – 12:45pm
July 12	Caloric Needs and Calculations	12:00pm – 12:45pm
August 9	When I Awake, I Will Feel Great: Sleeping Better	12:00pm – 12:45pm
August 23	Beating Burnout and the Doldrums	12:00pm – 12:45pm
September 13	Reading Between the Lines: Interpreting Food Labels and Portion Recommendations	12:00pm – 12:45pm
October 11	Breast Cancer Awareness	12:00pm – 12:45pm
October 18	Boosting Immunity: Staying Healthy During Cold and Flu Season	12:00pm – 12:45pm
November 8	Maintain Don't Gain: Healthy Holidays	12:00pm – 12:45pm
December 6	Healing Foods and Natural Remedies	12:00pm – 12:45pm