

2018 WEBINARS

Select Wednesdays, 12:00 – 12:50pm

Contact your Department's Wellness Manager
for details on how to participate



January 24

[Cervical Cancer:
Early Detection Saves Lives](#)

February 7

[Aging Parents:
Finding the Right Care](#)

February 14

[Small Steps to
a Strong Heart](#)

March 7

[Eating for More Energy
and Less Stress](#)

April 11

[Mindfulness:
Take a Breathe Break](#)

May 9

[Aging with Grace:
Women's Health for All Ages](#)

May 23

[Little or No
Equipment Necessary](#)

June 6

[Blood Pressure and the
Sad Story about Sodium](#)

July 11

[Carbs or Not - The
Carbohydrate Conspiracy](#)

August 8

[Keeping your Good Senses:
Hearing and Vision Health](#)

August 22

[Save Your Joints with the
Anti-Inflammatory Diet](#)

September 12

[Trust Your Gut: Managing
Digestive Issues and Irritable
Bowel Syndrome](#)

October 10

[Breast Cancer – Am I at Risk
and What Should I Do?](#)

October 17

[Reversing Prediabetes –
You Can Do It!](#)

November 7

[Surviving the All Day
Holiday Buffet](#)

December 5

[Got the Holiday Blues?
Tips on How to Manage
that Overload](#)

