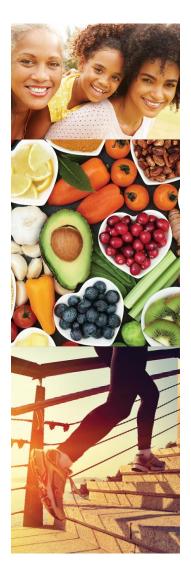
2018 WEBINARS

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 <u>Mindfulness:</u> Take a Breathe Break

May 9 Aging with Grace: Women's Health for All Ages

May 23 <u>Little or No</u> 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 <u>Reversing Prediabetes –</u> <u>You Can Do It!</u>

November 7 Surviving the All Day Holiday Buffet

December 5 Got the Holiday Blues? Tips on How to Manage that Overload





