LIVING WELL

2023 monthly wellness webinar topics

Each webinar lasts about 45 minutes. There's a question and answer session in each one. We offer them three times a day: 9 AM CT, 11:30 AM ET, 3:30 PM CT

Healthy weight, why wait
What does a healthy weight look like? In this session, we'll talk about how to determine what's a healthy weight for you. And we'll go over strategies for getting to – and keeping – a healthy weight.

January 24, 2023 Register here

Solving the puzzle: what your numbers might mean for you
What are biometrics? We'll talk about numbers like height, weight and blood pressure. And how they relate to your overall health.

February 21, 2023 Register here

Good night, sleep well
Did you know over 3 out of 10 U.S. adults don't get enough sleep? Getting too little sleep or even poor sleep can have a harmful effect on your health. Getting enough good sleep isn't a luxury. It's a necessity. You can think of it as a "vital sign" of good health.

March 21, 2023 Register here

The buzz about bones
Our bones support us and allow us to move. They protect our brain, heart and other organs, and store minerals that help to keep them strong. How can you take better care of our bones? You'll learn everything you need to know in this helpful seminar.

April 18, 2023 Register here

Make your emotional health a priority
Mental health. Emotional health. Behavioral health. The names have changed over time. But whatever you call it, it's an important part of your overall well-being. In this session, we'll talk about what it is and how you can improve it.

May 16, 2023 Register here

A safe and savvy summer
School's out for summer! But you can still learn about staying safe and healthy. Get tips on how to keep cool and hydrated in the blazing temps. Find ways to save your skin from biting bugs and scorching sun.

June 20, 2023 Register here

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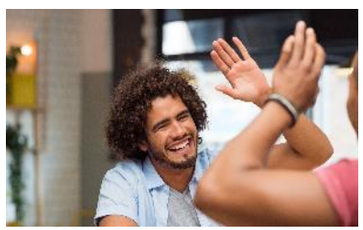
Blow away your exercise routine
Do you want to be more active but don't know where to start? This session will teach you the difference between aerobics and muscle strengthening exercises. And how to use them to both to set up a routine that works for you.

July 18, 2023 **Register here**



Give your immune system a boost
Your immune system helps protect from outside invaders. Like bacteria and disease. Join us to discuss how to help keep it healthy, strong and ready to fight for your health.

August 22, 2023 **Register here**

Hooray for fruits and veggies
Did you know that most Americans don't eat enough fruits and veggies? We'll show you how they pack a health punch. And we'll talk about how to add more to your meals and pump up the flavor.

September 19, 2023 **Register here**

Tobacco free living
This session isn't just for smokers. We'll go over how tobacco affects the body. And various ways the people use nicotine – like vaping. We'll talk about how you can get ready to quit. Or help someone you love to start on the path to tobacco-free living.

October 17, 2023 **Register here**

Diabetes and the holidays
It can be hard to deal with the holidays and diabetes. But there's good news! We can help you find better ways to handle it all. Discover some tips and tricks for healthy eating, staying active and managing stress.

November 14, 2023 **Register here**

Burnout: burn bright, not out
We spend a lot of our waking hours at work. Those hours may come with stress – both good and bad. In this session we'll talk about how to spot when you have too much stress. And what to do about it.

December 12, 2023 **Register here**

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