



2025

monthly wellness webinar series

First quarter



Defining your health: Health literacy

What is health literacy? It's how you get and understand important info about your health. And how you use it to make better health decisions. Learn to improve what you know about your health. It can have a big impact

January 21, 2025

[Register here](#)



Cholesterol 101

Did you know that high cholesterol levels raise your risk for heart disease? It's true. If your levels are high, your risk could be twice as high as people with ideal levels. In this session you'll learn ways to lower your risk.

February 18, 2025

[Register here](#)



Balance your diet and your life

You know your body needs energy. But where do you get it? In this session you'll learn that, and more. We'll talk about six ways to eat healthy. And how to set goals that can help you change your eating habits for good.

March 18, 2025

[Register here](#)

Each webinar lasts about 45 minutes. There's a question-and-answer session in each one. We offer them four times a day:

9 AM CT, 11:30 AM CT, 2:30 PM CT, 5:30 PM CT

This information is general in nature. It's not meant to replace the advice or care you get from your doctor or other health professional. ActiveHealth isn't responsible for the decisions you make based on this information. Only your medical provider can diagnose, prescribe, or give medical advice. Contact your provider first with any questions or concerns regarding your health care needs.



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Second quarter



Team Family: getting active together

Is being active part of the fabric of your family life? Kids learn both from what we say and do. Join our discussion about ways to help kids make being active a habit that lasts a lifetime.

April 22, 2025

[Register here](#)



A moment for movement

Did you know that the average American sits for more than six hours a day? Join us for a quick break to get up and move.

May 20, 2025

[Register here](#)



Aging healthfully and gracefully

Being active is important at any age. But it's an even more important part as you get older. Even if you're living with a condition. Join us to talk about how you can exercise safely and effectively as you age.

June 17, 2025

[Register here](#)

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Third quarter



Healthy hydration: Choose your drink wisely

Water is everywhere. It covers more than 70% of the Earth's surface. And we need it to live. Think about what you drink in a day. Are you getting enough water? We'll talk about easy ways to get more water. And how to make sure you're not getting more than you bargained for from your drinks.

July 22, 2025

[Register here](#)



High five: Healthy habits at home

Do you want to help your family make healthier choices? If so, this session is for you. We'll go over five simple things that can help your family on the path to better health.

August 19, 2025

[Register here](#)



Preventive health for adults

Taking care of your health is more than getting treatment when you're sick. We'll talk about how you can actively participate in your health. You'll learn about health risk factors – ones you can change and ones you can't. And we'll review preventive screenings.

September 16, 2025

[Register here](#)

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Fourth quarter



Resilience: Bouncing back

How well do you bounce back after a stressful situation? We'll talk about how to build your inner strength. And you'll learn about ways to adapt to change without feeling overwhelmed.

October 21, 2025

[Register here](#)



The gift of better health

Do you associate the holidays with feelings of guilt and stress? We'll talk about how to enjoy the holidays this year. You'll learn ways to get more out of the food, family and celebrations.

November 18, 2025

[Register here](#)



Reduce holiday stress with mindfulness

The holiday season can be a time for celebration. But they can also be one of the most stressful times of the year. Learn how to practice mindfulness and self-care during this busy time.

December 16, 2025

[Register here](#)

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