

# Learn Healthy Ways to Live Your Best

## DISCOVER HEALTH NET'S WELLNESS WEBINARS

Join us for **free** wellness webinars in 2022 – made simple and convenient for you!

Learn more about better health. Sign up for one, or all, of our 45-minute webinars. Presented live and online, each webinar provides info on topics like heart health, how to sleep better and positive thinking.

You can join the monthly webinars in one of two ways:

- View them from your work station<sup>1</sup> at home or at the office.
- Safely gather (social distance) with co-workers in a workplace meeting room.<sup>1</sup>

Plus, you can watch any of the past webinars you may have missed by visiting the **Wellness Center** at **[www.healthnetoregon.com](http://www.healthnetoregon.com)**.

Once you sign up, you'll get an email before each session with the topic, date and time so you can adjust your schedule.



### 2022 Wellness Webinar Schedule

January	Start Anew in 2022!
February	Heart Health by the Numbers
March	Back Health at Work
April	Sleep Well and Live Fully Awake
May	Whole Person Self-Care and Resilience
June	Nutrition Tips to Increase Metabolism
July	Your Brain Matters
August	Positive Thinking: A New Attitude
September	Nutrition to Reduce Stress
October	Give your Immune System a Boost
November	Diabetes Workshop: The Basics
December	The Gift of Health/Gratitude



To sign up, visit [www.healthnetoregon.com](http://www.healthnetoregon.com) > **Members** > **Wellness Center** > **Wellness Webinar Series**.

<sup>1</sup>The worksite wellness webinars are scheduled on a monthly basis.