

# Free Wellness Webinars *in* 2020!



Learn how to effectively manage and maintain a healthier lifestyle – all from your workplace!

In order to help keep your valued organization on track to becoming a healthier workforce, each of our 45-minute webinars is presented live and provide information and resources on topics such as diabetes prevention, healthy eating and pain management.

### Designed to work for you

Our wellness webinars are concise and organized to make the most of your employees' time. Your sales account manager can help you develop the best way for employees to access these vibrant webinars.

- Employees can conveniently view them onsite at their work station; or

- Employees can gather with co-workers in a conference room and project the presentations from a laptop computer.

For added convenience, you will receive an email before each session, announcing the topic, date and time so that you can adjust your schedule.<sup>1</sup>

To become healthy and stay healthy, we all need information and encouragement. Please encourage all your employees to join Health Net's wellness webinars and experience health and wellness at its best!

Our free wellness webinars help employees live a healthier lifestyle.

### 2020 wellness webinar schedule

January	Making a Great Meal, The Real Deal	July	Acupressure: From Restlessness to Peace of Mind
February	Keeping Your Heart Healthy	August	Keeping Your Brain Healthy
March	Overcoming Barriers to Weight-Loss: The 3 C's (Cortisol, Chair Time and Carbohydrates)	September	Weathering the Winter
April	Behavior Change Through the Eye of a Health Coach	October	Keeping Your Bones and Muscles Healthy
May	Keeping Your Lungs Healthy	November	The Power of Positivity
June	Return to the Outdoors: The Healing Power of Nature	December	Mindfulness for Health and Happiness During the Holidays

<sup>1</sup>The worksite wellness webinars are scheduled on a monthly basis. The date of the webinars will depend on the schedule of the presenter. Webinar topics are subject to change. To help accommodate employees' schedules, the webinars will be 45 minutes in length.