



Weekly Webinars



Health Topic Webinar Schedule
Wednesdays 12 noon – 12:45 pm
Beginning August 13, 2014

- * Weekly webinars to help you and your team achieve your fitness goals.
 - * August 13: Set your Health Goal
 - * August 20: Nutrition Basics
 - * August 27: Control Cravings and Portions
 - * September 3: Food Labels Made Easy
 - * September 10: Weight-loss Basics
 - * September 17: Keep the Weight Off
 - * September 24: Fitness Basics
 - * October 1: Move More at Work
 - * October 8: Stress Less Basics
 - * October 15: Prevention Basics