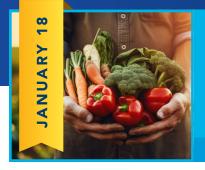




WELCOME TO MY HEALTH ONSITE'S

Wellness Webinars!

Attend these informative webex presentations to learn more about the topic and lifestyle management for positive health outcomes.



A Guide to Healthy Living

Dive into the details of the varying lifestyle factors such as nicotine use, dietary intake, physical activity, and more that impact overall health status.

Presented by: Registered Nurse









12pm-1pm

5:30pm-6:30pm



Heart Health

Learn about self-care techniques including dietary intake, physical activity, stress management and more to support heart health.

Presented by: Registered Dietitian

Scan or Click QR Code to register





12pm-1pm

5:30pm-6:30pm



Dietitian Q&A

Take this opportunity to clarify questions you may have about current diet trends, if carbs are as bad as the media paints them to be, or anything else you've ever wondered about nutrition.

Presented by: Registered Dietitian

Scan or Click QR Code to register





12pm-1pm

5:30pm-6:30pm

Click on the desired class & time to **register** and **add the meeting to your calendar NOTE**: Please List Your Full Name & Employer When Entering Info for Webex Meeting. (i.e., John Smith - City of Orlando)

WEBEX IS EASY TO USE!

Go to: www.webex.com & click "Join a meeting" at top.
Next, you will be prompted to enter the "Meeting Number"
and then "Meeting Password".

ATTEND VIA

DESKTOP COMPUTER

or MOBILE
DEVICE



For Additional Wellness Offerings Login to Your Wellness Portal

