



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.

JANUARY 18



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

Scan or Click
QR Code to register



12pm-1pm



5:30pm-6:30pm

FEBRUARY 15



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

MARCH 21



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!

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