

MY HEALTH ONSITE'S FREE WELLNESS WEBINARS

VIA WEBEX



JULY 25

PREVENTING BACK INJURIES

Gain knowledge about common causes of back pain and injuries. You will learn proper posture for sitting and carrying heavy objects. Discover strength and stretches to help alleviate discomfort and promote strength and flexibility.

Presented by: Health Coach

Scan or Click
QR Code to register



12pm-1pm



5:30pm-6:30pm

AUGUST 16

NUTRITION FOR PREGNANCY & BREASTFEEDING

Learn about the increased nutrient demands through the trimesters. Practical tips to optimize nutrient intake while experiencing side effects such as morning sickness and fatigue. Discover the importance of adequate calories, protein, and water intake to support breast-milk production post-partum.

Presented by: Registered Dietitian

Scan or Click
QR Code to register



12pm-1pm



5:30pm-6:30pm

SEPTEMBER 28

PROPER FOOD SAFETY PRACTICES TO REDUCE THE RISK FOR FOODBORNE ILLNESSES

Get a grasp on proper food-handling techniques to prevent cross-contamination of raw and ready-to-eat foods. Learn about proper storage of food by using systems such as First-In, First-Out to ensure quality is maintained and to reduce food waste.

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**

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and then "Meeting Password".

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MOBILE DEVICE

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