

# Motivating Mississippi Webinar Schedule

Provided by: ActiveHealth Management



## [Motivating Mississippi Wellness Webinar Link](#)

Meeting Password: wellness

Call-In Information: 1-866-469-3239 Access Code: 652 167 619

All webinars to be delivered at 9:30am, 1:30pm and 5:30pm CT

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Date	Topic	Presenter
January 14 <sup>th</sup>	New Year's Resolution 2014	Brett
February 11 <sup>th</sup>	Heart of the Matter	Scott
March 11 <sup>th</sup>	Healthy Meal Planning for the Family	Patricia
April 15 <sup>th</sup>	Tips to Fit in Fitness	Brett
May 13 <sup>th</sup>	Tobacco Free	Rolanda
June 10 <sup>th</sup>	Pumping Up Your Metabolism	Scott
July 8 <sup>th</sup>	Turn the Pressure Down- Blood Pressure	Rolanda
August 12 <sup>th</sup>	Know Your Numbers	Patricia
September 9 <sup>th</sup>	ABC's of Diabetes	Brett
October 14 <sup>th</sup>	Sweet Slumber	Scott
November 11 <sup>th</sup>	Healthy Holidays	Rolanda
December 9 <sup>th</sup>	Calm Waters- Relieve Stress	Patricia

