

**Motivating Mississippi- Keys to Living Healthy**  
ActiveHealth Management Onsite Wellness Program

Webinar Schedule

**Motivating Mississippi Wellness Webinars**

Meeting Password: active

Call-In Information: 1-877-658-8148 Access Code: 424 058 2428

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

*\*Registration is Required*

Date	Topic	Presenter
January 13 <sup>th</sup>	Ditch the Diet Mentality	Brett
February 10 <sup>h</sup>	Makeover My Heart	Rolanda
March 10 <sup>th</sup>	Get Moving Today!	Patricia
April 14 <sup>th</sup>	Think Well, Live Healthy	Scott
May 12 <sup>th</sup>	Shop Smart and Meal Plan	Rolanda
June 9 <sup>th</sup>	Nutritional Sources of Energy	Brett
July 14 <sup>th</sup>	Transform Your Exercise Routine	Patricia
August 11 <sup>th</sup>	Super Foods	Scott
September 8 <sup>th</sup>	Preventative Posture	Brett
October 13 <sup>th</sup>	Managing Your Numbers	Rolanda
November 10 <sup>th</sup>	The Low Down on Diabetes	Patricia
December 8 <sup>th</sup>	Healthy Holidays	Scott