

August 2014 Wellness Webinars



Public Health

A Good Night's Sleep

3-3:30 p.m., Wed., Aug. 20

The lack of sleep can create a long list of negative health consequences. To be the most productive and efficient in your daily duties, learn how to deal with barriers that can cause you to lose your snooze.

Blast Away Belly Fat

10-10:30 a.m., Tues., Aug.

19

4-4:30 p.m., Thurs., Aug.

21

Think you have to starve yourself or workout like a maniac to lose that muffin top? Diet and exercise help. Try the easy solutions included in this webinar to get you started and shrink your middle without overhauling your life.

Mind Your Meds

11-11:30 a.m., Tues., Aug.

19

It is important to keep up with your medications, especially if you are

taking more than one.

Studies have shown that more than 50 percent of prescribed medication is taken incorrectly. This webinar will provide key facts to know about the medicine you take and share some suggestions on how to better manage your medications.

Tips for Maximizing a Successful Diabetes Follow-up Visit

2:30-3 p.m., Tues., Aug. 26

This webinar will provide information on how participants can become key players in ensuring that they receive a personalized and well-rounded scope of care concerning their diabetes management. Topics that will be discussed will cover key items to bring to a follow-up visit, valuable knowledge to share and powerful tips that will enhance and maximize their time with their providers.

Planning Makes Change Possible

10-11 a.m., Tues., Aug. 26

3-4 p.m., Thurs., Aug. 28

Planning is essential for any behavioral change. It not only increases your chances of adhering to something new, but also increases the likelihood of reaching your goals. Join this webinar to find out more about your roadmap to success.

Foot Care: Don't tip toe around the importance

10-10:30 a.m., Wed., Aug. 27

Don't take them for granted, they have carried you this far. Just think about it – if you had a headache every day, you wouldn't wait to do all you could do to prevent and treat your discomfort. Well, before your achy feet get to that point, learn through this webinar all you can do to keep them in "tip toe," I mean "tip top" shape.