



Webinar Dates and Registration Links

Webinars are 45 minutes at 9:00am, 11:30am or 3:30pm CT

Registration is required!

Month	Wellness Webinar	Dates	Registration Link
January	Total Health, Total You	January 15, 2019	http://go.activehealth.com/wellness-webinars
February	Take the "Pressure" Off (Blood Pressure)	February 19, 2019	http://go.activehealth.com/wellness-webinars2.html
March	Road to Wellness: Know Your Numbers	March 19, 2019	http://go.activehealth.com/wellness-webinars
April	Resilience: Bouncing Back	April 16, 2019	http://go.activehealth.com/wellness-webinars2.html
May	Make Your Workplace Work for You	May 21, 2019	http://go.activehealth.com/wellness-webinars
June	Healthy Mind, Healthy Body	June 18, 2019	http://go.activehealth.com/wellness-webinars2.html
July	Go for Your Goals	July 16, 2019	http://go.activehealth.com/wellness-webinars
August	Oral Health for Life	August 20, 2019	http://go.activehealth.com/wellness-webinars2.html
September	Fall in Love with Veggies	September 17, 2019	http://go.activehealth.com/wellness-webinars
October	High 5! Healthy Habits	October 15, 2019	http://go.activehealth.com/wellness-webinars2.html
November	Get the Details on Diabetes	November 26, 2019	http://go.activehealth.com/wellness-webinars
December	The Gift of Health	December 10, 2019	http://go.activehealth.com/wellness-webinars2.html



Wellness programs are sponsored by the Mississippi State and School Employees' Health Insurance Plan's health initiative, Motivating Mississippi—Keys to Living Healthy and ActiveHealth Management, the Plan's wellness vendor.

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