Scott&White HEALTH PLAN | Part of BaylorScott&White HEALTH

Join us for a Wellness Webinar

Women's Health

Wednesday, August 12th at 1:00 pm

Do you know which types of cancers affect women most often? What can you do to help prevent them? Join us for an education webinar that will empower you with the answers to these important questions.

Click here to join | Access code: 145 356 4487

Nutrition

Wednesday, August 26th at 11:00 am

What is a carb? Are they bad for me? And why should or shouldn't I avoid them? Attendees will learn nutrition basics in this seminar in addition to some of the most common American eating patterns.

Click here to join | Access code: 145 388 2283

Diabetes Management

Wednesday, September 9th at 11:00 am

Have you ever been told that you are at risk for diabetes, or are you currently living with type 2 diabetes? Please join us for an educational presentation on type 2 diabetes.

Click here to join | Access code: 145 889 9531

Know Your Numbers

Wednesday, September 16th at 11:00 am

Blood pressure. Total Cholesterol. A1C. Ever wonder what all those numbers mean when you receive results after lab work? All of these factors impact your overall health and knowing your numbers can help.

Click here to join | Access code: 145 142 1617

Happiness Hacks

Wednesday, September 23rd at 11:00 am

The happiest people have skills to insulate them from poor emotional health outcomes. This seminar teaches you resilience tools and hacks for maintaining happiness.

Click here to join| Access code: 145 920 9995