



Join us for a Wellness Webinar

Naturally Slim

January 20th, Noon - 1:00 pm

Naturally Slim is an online program that teaches clinically proven healthy habits that lead to less stress, better sleep, weight loss, and more – no restrictive diets, calorie-counting, or specialty foods required.

In this webcast, you'll learn how Naturally Slim works and how you can get started at no cost!

[| Click here to pre-register |](#)

Nutrition Labels

January 27th, 11 am - 11:30 am

We heard your requests for more nutrition content, so we're offering a Nutrition Label webinar. Join us to learn how to read and understand nutrition labels.

[| Click here to pre-register |](#)

Cholesterol Counts

February 10th, 11 am - 11:30 am

Many factors contribute to our Cardiovascular health, but none is more important than cholesterol. You'll learn about good cholesterol, bad cholesterol, and how to keep your total cholesterol in a healthy range.

[| Click here to pre-register |](#)

Stress Management

March 10th, 11am - 11:30 am

This year has been an extreme change; many of us have had to take on additional responsibilities at home and maybe even at work. While change can be exciting, it can also be stressful. Join us for this stress management webinar, where we'll share some tips to keep stress at a manageable level.

[| Click here to pre-register |](#)

