

# 2021 Live Wellness Webinars

Our Lunch & Learn Webinars are fun, interactive and engaging!

Join a live webinar presented by our Wellness Experts to learn tools and tips for leading a healthy lifestyle. Attendees can ask the speaker questions, download materials and participate in poll questions- right from their desk!

DATE	WEBINAR TOPIC
JANUARY 21	<b>Goal Setting 101</b>
FEBRUARY 17	<b>Great Start, Healthy Heart</b>
MARCH 18	<b>Wake Up Call: The Importance of Sleep</b>
APRIL 14	<b>Blood Pressure Basics</b>
MAY 20	<b>Food For Thought: The Art of Mindful Eating</b>
JUNE 16	<b>Work Smarter Not Harder: Workplace Ergonomics</b>
JULY 22	<b>First Aid Basics</b>
AUGUST 18	<b>Eating Healthy While Staying Wealthy</b>
SEPTEMBER 23	<b>It's About Time: Time Management for Work Life Balance</b>
OCTOBER 20	<b>Smoke Free for a Better Me</b>
NOVEMBER 18	<b>The ABC's of Diabetes</b>
DECEMBER 15	<b>The Mess of Stress</b>

To join a live wellness webinar:

1. Log into your account at [DifferenceCard.com](https://DifferenceCard.com).
2. Click the EDUCATION tab in the navigation bar, then click JOIN WEBINAR.
3. The webinar will launch promptly at start time and you will see the speaker's presentation slides on your computer screen.
4. Audio information will be provided after you join the webinar. Listen through your computer speakers or dial-in using the number and access code provided.