

2018 LIVE WELLNESS WEBINARS

Our 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	LIVE WEBINAR SCHEDULE
JANUARY 18	Food for Thought: The Art of Mindful Eating
FEBRUARY 21	Great Start, Healthy Heart
MARCH 22	Serving the Facts: Your Guide to Food Labels
APRIL 18	It's About Time: Time Management for Work-Life Balance
MAY 17	The Skinny on Fats
JUNE 20	Eating Healthy and Staying Wealthy
JULY 19	First Aid Basics
AUGUST 15	Ready, Set, Prep: Your Guide to Meal Prep Mastery
SEPTEMBER 20	The Mess of Stress
OCTOBER 17	Smoke Free for a Better Me
NOVEMBER 15	The ABC's of Diabetes
DECEMBER 12	The Gluten Truth

To join a live wellness webinar:

1. Log into your account at 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 provided.

If you do not have access to a computer:

1. Dial-in using (888) 325-3989 and access code 276568.
2. Download the **Webinar Attendance Form** and fax it in to earn wellness points.

