

# 2019 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 24	<b>10 Rules for a Healthy Lifestyle</b>
FEBRUARY 20	<b>Great Start, Healthy Heart</b>
MARCH 21	<b>Clean and Lean: Healthy Eating for Life</b>
APRIL 17	<b>First Aid Basics</b>
MAY 16	<b>Let's Get Physical</b>
JUNE 19	<b>Food for Thought: The Art of Mindful Eating</b>
JULY 18	<b>Wait, It's Not About the Weight</b>
AUGUST 21	<b>Serving the Facts: Your Guide to Nutritional Facts Labels</b>
SEPTEMBER 19	<b>A to Zinc: Understanding Dietary Supplements</b>
OCTOBER 16	<b>Smoke Free for a Better Me</b>
NOVEMBER 21	<b>The ABC's of Diabetes</b>
DECEMBER 18	<b>The Mess of Stress</b>

To join a live wellness webinar:

1. Log into your account at [DifferenceCard.com](http://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.
5. Make sure to submit a [Wellness Attendance Form](#) if you join a webinar outside of your DifferenceCard.com account.

\* If you do not have access to a computer at the time of the webinar, you can listen-in using the phone number and access code provided by GoToWebinar upon registration.

