

2020 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 23	The Gluten Truth
FEBRUARY 26	Great Start, Healthy Heart
MARCH 26	Goal Setting 101
APRIL 15	Wake Up Call: The Importance of Sleep
MAY 14	Ready, Set, Prep
JUNE 17	The Mess of Stress
JULY 23	Serving the Facts: Your Guide to Nutritional Facts Labels
AUGUST 19	The Skinny on Fats
SEPTEMBER 24	Wait, It's Not About the Weight
OCTOBER 21	Smoke Free for a Better Me
NOVEMBER 19	The ABC's of Diabetes
DECEMBER 16	Food For Thought: The Art of Mindful Eating

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 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.

