

2022 HEALTH COACHING WEBINARS

» **JANUARY 5, 2022 | 12:00PM Make Changes for a Healthier Tomorrow**

The choices you make every day impacts your health long-term. Learn what you can do today to change your health tomorrow.

» **FEBRUARY 2, 2022 | 12:00PM Eat Real**

Eating whole foods is best for proper nutrition, but how do you do it? Get tips on how to incorporate more whole foods into you and your family's diets, new recipes to try, and more!

» **MARCH 2, 2022 | 12:00PM Make Exercise Fun**

Whether you're new to exercise or looking to take it up a notch, everyone can benefit from learning how to boost their exercise routine, especially if you don't have one yet!

» **APRIL 6, 2022 | 12:00PM Financial Fitness**

No matter what financial freedom looks like to you: early retirement, setting money aside for family, or paying off debt, everyone can use some help when it comes to managing their money and setting themselves and their family up for success!

» **MAY 4, 2022 | 12:00PM It's Okay to Not Be Okay**

The COVID-19 pandemic has exposed an immediate need for mental health assistance. And that's okay. We will be sharing resources and tips on where to go when you're ready to ask for help.

» **JUNE 1, 2022 | 12:00PM Get Outside**

Nature is awesome! And in more ways than you think. Learn about the many benefits of getting outside and start to plan your next outdoor adventure.

» **JULY 6, 2022 | 12:00PM Your Questions Answered**

Join this webinar to ask health-related questions to a HealthCheck360 nurse, live. Get answers to your burning questions, clarity on an article you recently read, and top tips from one of our HealthCheck360 Registered Nurses.

» **AUGUST 3, 2022 | 12:00PM Using Your Resources**

You may have more tools in your wellness toolbox than you think. Coach Shelby will be sharing all the resources available to you as a HealthCheck360 participant and how to make the most out of your employer's benefits plan!

» **SEPTEMBER 7, 2022 | 12:00PM Beat the Bug**

Nobody likes getting sick. Help your body fight colds, the flu, and other illnesses by building your immune system. From nutrition to sleep, these tips will help keep you healthy all year long.

» **OCTOBER 5, 2022 | 12:00PM Busting Well-being Myths**

Are your favorite healthy hacks actually slowing your progress? We are tackling common well-being myths and leaving you with only the facts to help improve your health.

» **NOVEMBER 2, 2022 | 12:00PM Preventing Diseases**

You can make significant changes to your health and prevent developing some of the most common diseases like heart disease, type 2 diabetes, and some cancers.

» **DECEMBER 7, 2022 | 12:00PM Put Your Health First**

When life gets busy, health is sometimes the first thing pushed to the back burner. Learn tactics to help keep your health a priority.

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