

# 2023 Health Coaching Webinars

» **JANUARY 4, 2023 | 12:00PM Locus of Control**

It's a new year with a fresh start and new goals. How much control do you have over your life? Find out how you can change your mindset and motivate yourself to improve your well-being and achieve your goals in the new year.

» **FEBRUARY 1, 2023 | 12:00PM Fitness at Home!**

Getting active is so important for overall health, but you don't need a gym membership. Join this webinar to learn easy ways to get active without leaving the comfort of your own home.

» **MARCH 1, 2023 | 12:00PM Eating Fat: Good or Bad?**

What's the deal with fat? We'll talk about the different types of fat found in your foods, which kinds help and hurt you, and give you some yummy recipes to try!

» **APRIL 5, 2023 | 12:00PM Ergonomics in Your Everyday Life**

The way you sit, stand, and move can make a huge difference in how you feel. Learn tips and tricks on how to situate your body to improve your well-being.

» **MAY 3, 2023 | 12:00PM Food to Fuel Your Mind**

The saying goes, "you are what you eat." What you eat also affects how you think. Learn the best foods to eat to keep your brain healthy!

» **JUNE 7, 2023 | 12:00PM Improving Your HealthCheck360 Score**

It's about progress, not perfection. Take action to learn how you can improve your health while also improving your HealthCheck360 score!

**JULY 5, 2023 | 12:00PM Skin Health**

» July is UV Safety Month, and your skin says a lot about your health. We want to help you take care of it! Join this webinar to hear about the changes you can make today to improve the health of your skin.

» **AUGUST 2, 2023 | 12:00PM Essential Nutrients for Your Health**

From sleep to energy levels to physical performance, getting the nutrients your body needs is extremely important in every aspect of your life. Learn what vitamins and minerals to include in your diet to help make your body and mind feel great!

» **SEPTEMBER 6, 2023 | 12:00PM Secrets to A Healthy Life**

Living a long and healthy life is what we all dream of. We'll discuss tips from some of the healthiest people around the world and how they prioritize well-being in their lives!

» **OCTOBER 4, 2023 | 12:00PM Burnout and How to Cope**

Burnout affects us all at some point in our lives. Whether it's work, home, physical, or mental, join this webinar to learn the signs and how to work through burnout to come out stronger on the other side.

» **NOVEMBER 1, 2023 | 12:00PM Improving Comfort Foods**

We all have foods that make us feel warm and fuzzy. But sometimes they aren't the healthiest for us. Learn some simple swaps to make those comfort foods just a little bit better for you!

» **DECEMBER 6, 2023 | 12:00PM Setting Boundaries**

Do you feel bad setting boundaries and saying no? When it comes to your health, setting boundaries can be difficult, but is so important. We'll talk about effectively setting boundaries to help put your own health at the top of your priority list.



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