Give us a few minutes a month, we’ll give you a ton of tips

Pull up a chair. Turn on the computer. And get ready to learn a lot about your health. Each month we offer a new online seminar with engaging, up-to-the-minute information on common health and wellness topics. Online seminars are an easy, convenient way to learn how you can be healthier.

2016 Online Monthly Seminars:

- **January:** Go Meatless for One Day A Week!
  Learn about creating vegetarian and vegan meals

- **February:** Life’s Simple 7
  Learn about American Heart Association’s (AHA) 7 lifestyle steps to improve your heart health

- **March:** Cleaner and Greener
  Learn about how home and personal cleaning products affect your health

- **April:** Beating Barriers to Change
  Overcome barriers to change

- **May:** Lowering Stroke Risk
  Learn about how you can minimize your risk of stroke

- **June:** Better Health, Less Money
  Budget Friendly Ways to Improve your Health

- **July:** Play Hard
  Use play to get your exercise in

- **August:** Knowing the Alternatives
  Learn about alternative therapies

- **September:** Stay Sharp
  Learn about “brain health” and how to boost yours

- **October:** Fall in Love with Harvest Foods!
  Fall Foods with recipes

- **November:** Being Mindful While Being Thankful
  Mindfulness and other stress management techniques

- **December:** Healthy Holidays!
  Eating Healthier during the Holidays

Try an Online Monthly Seminar today.
Log in or register at BlueConnectNC.com and click on “Wellness.”

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