

# 2019 Quarterly Wellness Webinars

Participate in these 30-minute online classes from the comfort of your computer or conference room. Held the first workday of the month at noon, webinars are recorded, archived online, and can be viewed anytime that is convenient for you.

## FEBRUARY



Friday, Feb. 1

### Habits of Resiliency

Tap into your sources of strength and become more resilient. Explore how practices of gratitude, mindfulness and positivity can bring more joy and peace into your life.

## MAY



Wednesday, May 1

### Your Body at Work

Create better ergonomics at work and home. Reduce risk and pain by improving body posture, rearranging work spaces, and changing harmful habits.

## AUGUST



Thursday, Aug. 1

### Today's Top Diet Trends

High fat, low carb, high protein...these are just a few of the trending "diets." Find out how current fads really measure up for weight loss and overall health.

## NOVEMBER



Friday, Nov. 1

### Time Taming Tips

Don't let your day slip away. Discover several helpful tips to manage your time more effectively and get more done.

Register for upcoming or archived webinars through your personal online account at [www.pehp.org](http://www.pehp.org). Type "webinars" in the search bar.