



## 2015 Online Seminars

Month	Title	Topic
January	Take Charge of Your Time	With more demands on work and personal schedules, it's really important to learn how to manage your time. This seminar will help you prioritize so you can have time for the things that are most important to you!
February	Reducing Diabetes Risk	Diabetes is a growing concern in the US, for both adults and kids. This month, learn about the risk factors and symptoms for type 2 diabetes, and the steps you can take to help reduce those risks for yourself and your loved ones.
March	Eat Healthy Foods for Less!	A lot of people think they can't afford to eat healthy foods. The fact is, with a little planning you can eat healthier for less money. This seminar will give you the shopping techniques and quick prep skills to help you make it happen.
April	Changes at Home for Better Health	The way your house is set up has a big impact on your habits. By taking a few easy steps, you can help yourself make smarter food choices, be a little more active, and even sleep better. Check out this seminar to learn how!
May	How to Make Time to Get Active	Think you're too busy to be active? Think again. With some simple strategies you can ramp up your activity level without a huge time commitment. Do it!
June	Getting Older, Staying Healthy	The choices you make today can really impact your health down the road. This seminar will focus on some habits you can start now that might really pay off later. Good health starts now!
July	Better Relationships for Lower Stress	Let's face it, some people in your life can stress you out. From your bosses to your friends to your kids, handling conflict with others can be tough. This seminar will help you find smart ways to deal with the stressful relationships in your life.
August	Antibiotics and Your Health	What do you know about antibiotics? Overuse and misuse of antibiotics has decreased the effectiveness of many drugs that fight infections. Learning more can help you and your loved ones make smart decisions.
September	The Latest on Food and Your Health	News stories sometimes make it seem like experts are always changing their minds about food and your health. This month's seminar will help you understand the headlines and make informed choices about what you eat.
October	Sleeping Well	Over half of Americans say they have trouble getting a good night's sleep. If you're one of them, it's time to make a plan to sleep better. Join us for this month's seminar to learn tips for getting your zzz's
November	Living Without Tobacco	Despite all the warnings and labels, smoking is still the leading cause of preventable death in the US. If you or a loved one smokes, check out this seminar to learn about proven techniques for quitting.
December	Better Living: You Can Do It!	If you want to make a change that'll stick, two things will help a lot: setting smart goals, and believing in yourself. This seminar will help you get ready to set and reach your personal goals.