

**JULY 19, 2022**



## HOW TO READ A NUTRITION LABEL & BREAKING DOWN MACRONUTRIENTS

Join one of the My Health Onsite dietitians to learn about reading nutrition facts labels to help make better choices when grocery shopping and choosing foods.

*Presented by: Registered Dietitian and Health Coach*

7/19/2022 | 12:00pm | 1hr

**Meeting Number: 2553 029 5586**  
**Meeting Password: Wellness**

7/19/2022 | 5:30pm | 1hr

**Meeting Number: 2553 100 2766**  
**Meeting Password: Wellness**

**AUGUST 16, 2022**



## CREATING HEALTHY SLEEP HABITS

This presentation will cover why we need sleep, what happens when we sleep, how much sleep we need, relaxation techniques, tips for shift workers, and overall tips for better sleep!

*Presented by: Nurse Educator*

8/16/2022 | 12:00pm | 1hr

**Meeting Number: 2555 909 8944**  
**Meeting Password: Wellness**

8/16/2022 | 5:30pm | 1hr

**Meeting Number: 2554 098 6607**  
**Meeting Password: Wellness**

**SEPTEMBER 20, 2022**



## TIPS FOR IMPROVING BRAIN HEALTH & COGNITIVE FUNCTION

In this presentation learn about what happens to the brain as we age and proven ways to protect your memory through lifestyle practices you can start today!

*Presented by: Health Coach*

9/20/2022 | 12:00pm | 1hr

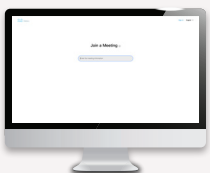
**Meeting Number: 2559 995 2974**  
**Meeting Password: Wellness**

9/20/2022 | 5:30pm | 1hr

**Meeting Number: 2553 638 2214**  
**Meeting Password: Wellness**

## EASY TO USE!

Go to: [www.webex.com](https://www.webex.com) & click "Join a meeting" at top. Next, you will be prompted to enter the "Meeting Number" and then "Meeting Password".



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