

WEBINAR SERIES

This is a four part series of 30 minute webinars. You can choose how you schedule the series, back to back or over a longer time period.

Nutrition

1. Healthy Snacks for Everyone!
2. The Sweet Truth About Sugar
3. Should I be Afraid of Carbs?
4. Steps to Feeling Satiated Without Overeating

Body Mechanics/Ergonomics

1. Low Back
2. Neck
3. Hips, Knees, and Ankles
4. Shoulders, Elbows, and Wrists

Stress Mangement

1. Understanding Your Stress Triggers
2. Improve Your Resiliency
3. Make Self-Compassion Part of Your Daily Routine
4. Develop Calming Strategies

**\$525/
series**

**To learn more, contact the Health Promotion Department at
healthworks@virginiahospitalcenter.com or 703.558.6740**

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