



# 2016 Well Wisconsin Wednesday Webinars

Webinars are held on the third (3rd) Wednesday of each month.

Month	Topic	Webinar Description	Registration Link
April 27th	A to Z on Allergies	This webinar offers information on allergies ranging from seasonal to life-long. Learn causes of common allergies, the signs and symptoms, and treatment options available to you or your family members.	<a href="#">Click HERE</a>
May 18th	Health Technology	Health Technology is a booming industry and each day we are bombarded by apps, games, websites, trackers and more relating to all aspects of our health. But which ones are actually useful? We did the hard work of investigating hundreds of tools and have come up with the best one's for you! This webinar will help you choose which ones you should use for improved health and overall wellbeing!	<a href="#">Click HERE</a>
June 15th	Stretch & Flex	Recent research says that sitting is the new smoking! This presentation offers simple solutions to help you move more throughout your workday. Getting up and out of your chair; recharging your body & mind is important to your physical and emotional health.	<a href="#">Click HERE</a>
July 20th	Choose this, NOT that	Making healthy choices is part of a healthy diet, but with all of the mixed media messages and new information on food it is difficult to know what to eat to stay healthy. This presentation provides an overview of 5 simple tactics to help individuals choose a healthy diet.	<a href="#">Click HERE</a>
August 17th	Stress and Your Physical Health	Prolonged, uncontrolled stress is detrimental to our mental and physical health. Stress can kill. This presentation reviews the stress response in more detail and highlights the impact on the human body during each phase including discussions on stress and weight gain.	<a href="#">Click HERE</a>
October 12th	The Myth of Cholesterol	A growing body of research and new clinical information is shedding a new perspective about how cholesterol impacts your health. Believe it or not, cholesterol is not the culprit of heart disease; it's inflammation; caused by certain types of food in your diet! This presentation will provide an overview of how inflammation affects cholesterol which can lead to heart disease.	<a href="#">Click HERE</a>
October 19th	Holistic Practices for Chronic Conditions	This presentation provides an overview of the different types of Holistic and Alternative Medicine options that specifically address common chronic health conditions and stress management. Learn about common alternative practices, potential risks, side effects as well as potential interactions with Western medicine care plans.	<a href="#">Click HERE</a>
November 16th	Healthy Eating for Effective Weight Loss	Maintaining or losing weight is not an easy task, especially as we age and your metabolism slows down. While there are no "silver bullet" remedies for effective weight management, understanding how your metabolism works, balancing a healthful diet & exercise; establishing realistic goals can provide a foundational roadmap for success.	<a href="#">Click HERE</a>
December 21st	Primary Prevention/ Healthy Back	Learn about ergonomic principles and healthy lifestyle choices such as; being physically active and maintaining healthy weight, to help avoid back pain issues and relieve the stress and discomfort caused by low back pain.	<a href="#">Click HERE</a>

Webinars begin promptly at **Noon** and end at **1p.m.**

*Click on the link to the corresponding webinar to register. You must be registered to attend. Topics are subject to change.*



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