



## August:

### Make It a Family Affair

Join us for this month's Café Series to learn more about making health a priority for you and your family.

#### Webinar: Boosting Your Immune System

Presented by: Robin Simons, MA, ACC, Well-Being Coach

Wednesday, August 2 @ 1:30 p.m. EST

How much do you know about your immune system? There are many things that can impact our body's ability to fight disease and infection. Tune in to learn more about lifestyle changes you can make to protect your body and promote your health.



#### Webinar: Raising Healthy Children

Presented by: Diana Sugiuchi, RDN, LDN

Wednesday, August 16 @ 1 p.m. EST

August is Family Fun Month. Celebrate this month by learning more about how to raise healthy and happy children. This webinar will provide an overview of nutrition, physical activity and sleep recommendations for the kids in your family.



#### Here Are Two Easy Ways to Register:

1. Click on this link: <http://goo.gl/yGbRSh>
2. Visit your organization's MyBHS Portal by going to <http://portal.bhsonline.com> and find the registration link in the "Upcoming Live Webinars" under the "Café Series" tab.

#### Did You Miss a Live Webinar?

Go to your organization's MyBHS Portal and click on the "Cafe Series" tab to access past webinars. On-Demand webinars are listed by date and topic.

Take   
time to  
tune in.