



December: That's a Wrap!

Join us for this month's Café Series as we focus on ways to stay healthy and happy this holiday season.

Webinar: 'Tis the Season to Be Stressed Part II

Presented by: Janet Edmunson

Wednesday, December 7 @ 1 p.m. EST

Despite the excitement and energy that comes with the end of the calendar year, the holiday season often brings stress to many of us. Everything that comes along with the holidays can generate pressure, tension and stress for both individuals and families. Tune into this webinar as we help you develop strategies to promote a joyful holiday season.

Webinar: Healthy Holiday Eating

Presented by: Dianne Frager, MSN, RN, CPT

Thursday, December 15 @ 1 p.m. EST

Gaining weight during the holiday season is not inevitable. It is possible to enjoy favorite foods without overindulging. Having a strategy for eating and exercise in place can help keep you healthy through the holidays. Tune into this webinar for tips on how to make healthy choices without missing out on the festivities.



Here Are Two Easy Ways to Register:

1. Click on this link: <http://goo.gl/yGbRSh>
2. Visit your organization's MyBHS Portal 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.