

café series



by **bhs**

June:

Share the Warmth

Join us for this month's Café Series as we warm up to health and well-being.

Webinar: Employee Well-Being

Presented by: Stephanie McCannon, BA, Well-Being Coach

Tuesday, June 13 @ 1 p.m. EST

How does your career well-being measure up? As an employee, your career well-being can impact your personal and professional life. Tune in to this webinar to recognize ways to improve your well-being at work and set goals to help you better your life.



Webinar: Healthy Eating on a Budget

Presented by: Lindsey Pine, MS, RD, CSSD, CLT

Wednesday, June 28 @ 1 p.m. EST

Making healthy choices doesn't have to be expensive. When it comes to eating healthy on a budget, separating fact from fiction and finding reliable resources can help you make smart choices. Tune in to this webinar to explore how to eat a healthy, well-balanced diet without breaking the bank.



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.