



March:

Better Health from A to Zzz's

Join us for this month's Café Series as we focus on tips for a healthy lifestyle.

Webinar: Sodium and Your Diet

Presented by: Sarah Merritt, BS, Pn1

Wednesday, March 8 @ 1 p.m. EST

Most Americans are consuming too much sodium in their diet. Balance is the key to a healthy lifestyle and diet. Tune into this webinar to learn the differences between sodium and salt, where sodium may be hiding in your foods and tips for making healthy changes to your diet.

Webinar: Strategies for Better Sleep

Presented by: Dianne Frager, MSN, RN, CPT

Wednesday, March 22 @ 1 p.m. EST

The National Sleep Foundation recommends that adults achieve seven to nine hours of sleep per night. How does your sleep measure up? Tune into this webinar to learn the importance of getting enough sleep and steps you can take to improve the amount and quality of your sleep.



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.