

café series



by **bhs**

October:

Stop and Listen

Join us for this month's Café Series as we focus on workout challenges and creating safe environments.

Webinar: Weight Loss and Plateaus

Presented by: Candace Gunn, CPT

Thursday, October 13 @ 1 p.m. EST

Workout plateaus are a normal process. Think of them as your body telling you to make some changes in your current program so you can continue to see results. Getting past a plateau can be challenging, but there are steps you can take to do it. Tune in to find out how!

Webinar: Bullying Prevention

Presented by: Dianne Frager, MSN, RN, CPT

Thursday, October 27 @ 1 p.m. EST

According to the Centers for Disease Control and Prevention (CDC), one in three children is bullied at some point in their lives, both in and outside of school. While bullying is a serious issue with lasting impacts, there are many things you can do to help prevent it. Tune into this webinar to learn about the risk factors and how you can help your child.



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 "Café Series" tab to access past webinars. On-Demand webinars are listed by date and topic.

Take 
time to
tune in.