

café series



by **bhs**

October:

Turn Over a New Leaf

Join us for this month's Café Series to fall into healthier habits in both your personal and professional life.

Webinar: Creating Work-Life Balance

Presented by: BHS

Wednesday, October 11 @ 1 p.m. EST

Juggling work demands and time at home is an on-going battle. The good news is that there are actions you can take to find balance between these competing demands. Tune in to learn specific strategies you can apply to find more balance in your life.



Webinar: Deskercise!

Presented by: Molly Reitz, BS, MS, ACSM EP-C, Well-Being Coach

Wednesday, October 18 @ 1 p.m. EST

Do you spend a lot of time sitting during your day? Deskercises are activities designed for desk-bound employees to provide a mental boost and small bursts of activity. Tune in to learn more about the health risks of sitting for long periods of time and simple changes and exercises that can be incorporated throughout your day.



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 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.