



September:

Get on the Bus

It's time to get back on the bus to well-being. Join us for this month's Café Series as we focus on aspects of women's health and ways to improve our sleep.

Webinar: Getting a Good Night's Sleep

Presented by: Jackie Hill

Thursday, September 15 @ 2:30 p.m. EST

Everyone needs a unique amount of sleep to feel rested and refreshed each day. The National Sleep Foundation (NSF) recommends that adults ages 18–64 achieve seven to nine hours of sleep per night. However, most adults in the United States are not satisfying their own sleep needs. Don't miss this webinar as we explain the costs of not getting enough sleep and ways to improve the quality of your sleep.

Webinar: Understanding Menopause

Presented by: Dianne Frager, MSN, RN, CPT

Monday, September 26 @ 1 p.m. EST

Menopause is a natural and important part of every woman's life. Often referred to as "The Change of Life," many women approach this phase with questions and apprehension about how they will experience menopause and the associated symptoms. Tune into this webinar as we educate participants about menopause, its symptoms and methods to manage the changes during this time.



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.