



September:

Power Up and Balance

Join us for this month's Café Series to learn about important physical and emotional well-being topics.

Webinar: Digestive Health 101

Presented by: Lisa Mittry, CNC, CPT, Well-Being Coach

Wednesday, September 6 @ 1 p.m. EST

Did you know that digestive health or "gut health" can impact your risk for disease? Our digestive health can influence our mental, emotional, neurological and physical health. Tune in to learn more about positive and negative influences on your "gut."

Webinar: Mental Health and Suicide in the Workplace

Presented by: Rachel Larkin, MA, MSW

EveryMind Director, Crisis Prevention and Intervention Services

Wednesday, September 20 @ 1 p.m. EST

September is National Suicide Prevention Awareness Month. This month is all about raising awareness around the issues of suicide prevention, how to talk about suicide and how you can help others. Tune in to learn more about these important issues in the workplace.

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.