

Don't forget to tune in for the March... **Teaching Tuesdays!**

Exercise Myth vs. Fact

With so much information about exercise, it's understandable why you might be confused. Well, the *Exercise: Myth vs. Fact* webinar will help to clear up some common misconceptions about exercise. After this presentation, you will have a better understanding of what it takes to create and sustain a regular exercise routine.

Please join us on one of the following dates:

March 1st • 4:00-5:00pm CT

March 8th • 11:00-12:00pm CT

March 15th • 5:15-6:15pm CT

March 22nd • 4:00-5:00pm CT

March 29th • 11:00-12:00pm CT



Caring for a Child with Food Allergies

Does your child have food allergies? This webinar program describes how to help prepare your food allergic child for attending school or daycare. You will learn more about available resources and best practices for a child with this type of illness. Leave this presentation prepared to be the expert for your child's care.



Join us on one of the following dates and times:

March 1st • 5:15-6:15pm CT

March 8th • 4:00-5:00pm CT

March 15th • 11:00am-12:00pm CT

March 22nd • 5:15-6:15pm CT

March 29th • 4:00-5:00pm CT

Healthy Dining Out

A CareHere dietitian will educate participants on how to dine out and make the healthiest choices. Local and common restaurant menus will be reviewed for best choice menu items.

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March 8th • 5:15-6:15pm CT

March 15th • 4:00-5:00pm CT

March 22nd • 11:00am-12:00pm CT

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How to register:

To register for any of the webinars, please go to www.carehere.com and log on with your user name and password. Click on Wellness Registration (Jan-Mar) on the green navigation bar. This will pull up an enrollment form, where you may register for this program. Fill out the form to register and click done. Information on how to join the webinar will be sent to you after you register.

You may also call 877-423-1330 to register.

CareHere!

If you are unable to view any of the webinars at the scheduled times, you may request a recorded version by e-mailing recordings@carehere.com.

Please note: ALL webinars and programs must be completed outside of work hours.