



Texas Annual Conference

October 6th – 2022 Virtual Day of Wellness Webinars

9:00 - 9:40 a.m. | Get Into the Blue Zone for Healthy Aging

Take a trip around the world to 5 regions with the longest-lived people. Find out what they have in common, and learn the lifestyle factors that you can incorporate to promote a long, healthy life.



9:45 – 10:25 a.m. | 10 Ways to Manage Stress

Chronic stress and burnout are becoming more common, and dealing with stress in a healthful way is more important than ever. This webinar will help participants identify stressors and give them 10 proven, healthy ways to manage stress.



10:30 – 11:10 a.m. | Keys to Long-Term Weight Loss: Why Diets Don't Work

There are many diets and programs that claim to help you lose weight, but what really works? This webinar will dive into the proven lifestyle changes that will lead to healthy, long-term weight loss. Plus, get the 5 keys to successful weight loss!



11:15 a.m. – 12:00 p.m. | Healthy Take on Takeout

Can you still eat healthy on takeout? Find out how you can stay on track with your nutrition goals and order from your favorite restaurants. This webinar will equip you with strategies and tips to enjoy healthy options from any restaurant.

