

# Your New Well-Being Video Webinars!

Check back monthly for new exciting topics.



## Supermarket Savvy

*Launches on 4/3/2017*

*In this webinar participants will receive information, tips, and resources empowering them to make smarter, healthier food choices when grocery shopping. Participants will learn how to plan a shopping experience, create healthier meals, read food labels and effectively navigate the grocery store.*



## From the Ground Up

*Launches on 5/3/2017*

*In this webinar participants will learn about the importance of consuming a more “plant-based” diet. They will discover the importance of eating more fruits and vegetables, fiber, and whole grains.*



## Mind-Body Nutrition

*Launches on 6/3/2017*

*In this webinar, participants will learn more about the effect of the mind on eating habits, digestion and metabolism and explore new tools and techniques to help transform their relationship with food, improve digestion and energize their metabolism.*

### To Enroll:

- Log in to Inside CHI and visit My Healthy Spirit (MHS)
- Click on “Your Wellness” to access your MHS wellness home page
- Click on “Visit Your Wellness Website”
- Click on the top-left dropdown menu icon and select ACT
- Scroll down to additional activities. Click on Webinars.
- Select the webinar that interests you or that is available.

*Watch each video then finish with a short quiz. Complete these steps and earn \$25 per webinar toward your Health Account Contribution.*

### Questions?