



2016 Seminar Calendar

Learning how to take small steps to keep yourself and your family healthy gets a lot simpler with Source4Women® monthly online seminars. The seminars have audio and video, as well as time for questions with expert speakers.

Join us every month at 12:30 p.m. (ET), 11:30 a.m. (CT), 10:30 a.m. (MT), 9:30 a.m. (PT).

Want to learn even more? Check out our previously recorded seminars that you can watch anytime at Source4Women.com.

January 12 50 ways to trim your love handles	February 9 Strategies for a healthy heart	March 8 Nutrition 101
April 12 Wellness at work	May 10 Making better food choices	June 14 Fuel up to play
July 12 Lose the muffin top	August 9 Life changes worth making	September 13 Be a better cook
October 11 Be more productive	November 8 Preventing, living and coping with diabetes	December 13 Holiday social weight maintenance



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MT-986721.0 1/16 © 2016 United HealthCare Services, Inc. 16-1012 M48694-C

