

# Wellness Webinars



## *Educational Webinars for Better Employee Health*



**January 19 – Smart Goals for Better Health:** Learn effective goal setting techniques.

**February 16 – Cancer Prevention:** Latest recommendations for lowering your cancer risk.

**March 15 – Prevent Heart Disease:** Understanding your risk factors and taking action.

**April 19 – Stand Up, Live Longer:** Vital role that physical activity plays in good health.

**May 17 – Prevent Hypertension:** Learn key steps to keep blood pressure at a healthy level.

**June 21 – Food Safety:** Simple steps to prevent food borne illness.

**July 19 – Your Healthy Vacation:** Tips for a safe summer vacation.

**August 16 – Focus on Eye Health:** Learn steps to maintain healthy vision.

**September 20 – Eat Right, Eat Smart:** Basic nutrition principles.

**October 18 – Childhood Obesity:** Make healthy weight a family affair.

**November 15 – Get Smart About Dental Care:** What you can do to keep teeth, gums and mouth healthy.

**December 13 – Alcohol and Your Health:** Review damage and benefits of drinking alcohol.

For more information, contact: The Wilson Agency  
Phone: 907.277.1616 – Email: [info@thewilsonagency.com](mailto:info@thewilsonagency.com)

### Webinars Hosted By:

#### Deenie Robertson, CWPC

Deenie has been a speaker on wellness at the Anchorage Chamber of Commerce and at the United Benefit Advisors Conference. Deenie has a life-long interest in health and fitness, participating in triathlons, bike races and teaching spinning classes. She loves to inspire people to improve their health.



- *All webinars begin at Noon and run approximately 45 minutes.*
- *Webinars are offered at no cost to clients (a \$125 value per webinar!).*
- *Visit our [website](#) to register for one or all.*



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