

# MY HEALTH ONSITE'S FREE WELLNESS WEBINARS

VIA WEBEX



JANUARY 18

## NUTRITION MANAGEMENT FOR THYROID DISEASE

This presentation will discuss two common types of thyroid disease, including Hashimoto's and Graves' Disease, their risk factors and treatment. Participants will learn how a healthy diet and lifestyle can help manage symptoms of thyroid disease and how to take charge of your thyroid health.

*Presented by: Registered Dietitian*

Scan or Click  
QR Code to register



12pm-1pm



5:30pm-6:30pm

FEBRUARY 21

## MANAGING HYPERTENSION

Discover the basics of hypertension and how it affects our blood vessels. Delve into healthier choices to help manage your blood pressure and review commonly used medications to help manage this condition.

*Presented by: Registered Nurse*

Scan or Click  
QR Code to register



12pm-1pm



5:30pm-6:30pm

MARCH 21

## THE HEALTH CONSEQUENCES OF YO-YO DIETING

Learn about yo-yo dieting; the repeated cycle of weight loss and regain. Investigate the body's response to this type of eating pattern, discover the potential risks that are known to be associated with this, and discuss healthier approaches to weight management that may help in achieving long term success.

*Presented by: Registered Dietitian*

Scan or Click  
QR Code to register



12pm-1pm



5:30pm-6:30pm

Click on the desired class & time to **register** and **add the meeting to your calendar**

**NOTE:** Please List Your Full Name & Employer When Entering Info for Webex Meeting. (i.e., John Smith - City of Orlando)

### WEBEX IS EASY TO USE!

Go to: [www.webex.com](http://www.webex.com) & click  
"Join a meeting" at top.  
Next, you will be prompted to enter  
the "Meeting Number"  
and then "Meeting Password".

Attend via

### DESKTOP COMPUTER

*If prompted to add Cisco Webex to Browser, select "Run a Temporary Application"*

OR

### MOBILE DEVICE

*Download the latest "Cisco Webex Meetings" App (Version 40.1.0 or higher)*



For Additional Wellness Offerings Login to  
Your Wellness Portal (Password: Wellness1)



Proactive. Engaged. Personalized.

[www.myhealthonsite.com](http://www.myhealthonsite.com)