



**MAY 2019**

ActiveHealth® Management Wellness Webinar

# Make your workplace work for you

How much do you sit during the day? You may not be able to fit in a full workout over your lunch break. But you can find ways to move, stretch, and help your posture during work. Learn how you can develop daily habits to make your workplace better for your health.

**10:00 am EST**  
May 21

**12:30 pm EST**  
May 21

**4:30 pm EST**  
May 21

ActiveHealth's free online webinars are delivered through Cisco WebEx Event Center.



## It's easy to register

<http://go.activehealth.com/wellness-webinars>

or login to your NJWELL Rewards site at [www.myactivehealth.com/NJWELL](http://www.myactivehealth.com/NJWELL)

Receive 50 points toward your 2019 Reward for up to 3 Wellness Webinars you attend (150 point max)



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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