

2020 Quarterly Wellness Webinars

Participate in these 30-minute online classes from the comfort of your computer or conference room. Held the first workday of the month **at noon**, webinars are recorded, archived online, and can be viewed anytime that is convenient for you.

FEBRUARY



Monday, Feb. 3

100 years of Exercise & Fitness Trends

We've come a long way since 1920! Have fun examining the trends in exercise and fitness over the past century. Reflect on how far we've come and what we've learned.

MAY



Friday, May 1

The Sweet Truth About Sugar

Sugar has many benefits in food production, but are you consuming too much of it? Become better informed on how to reduce sugar intake and learn to enjoy it in moderation.

AUGUST



Monday, Aug. 3

What Drives You?

What drives you – fun, meaning, ego, or rewards? We'll present the science behind self-motivation and provide tips to tap into your own inner-strength and willpower.

NOVEMBER



Monday, Nov. 2

Plugged in & Disconnected

We've become dependent on social media to connect with our friends and social circles. But, what is all that screen time doing to us and to children's developing brains?

Register for upcoming or archived webinars through your personal online account at www.pehp.org. Type "webinars" in the search bar.