Wellness Webinars: April-June 2019

Take advantage of a variety of topics presented monthly by our portal vendor, Alyfe Wellbeing Strategies.

**April 2019**

- Pain Management: Know Your Options
- Tuesday, April 23 at 11 a.m.

**May 2019**

High Blood Pressure? Listen Up
- Tuesday, May 21 at noon

**June 2019**

- Why You Shouldn’t Skip Your Health Screening
- Thursday, June 27

To join the webinar, register using the accompanying link.

Webinars can be logged as 10 Be Well UC Pop-Up points on the Alyfe portal.

Visit [http://bit.ly/Alyfe](http://bit.ly/Alyfe) and click on the Monthly Offerings page for additional programming each month or choose Track My Activities to log your participation.

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