

**WHO'S
YOUR
REASON?**

Live well for those you love.



July Wellness Webinar: Debunking Fitness Myths

Wednesday, July 19, 2017
12:00 – 1:00 p.m.

You know you should move for 30 minutes each day. Or is that 60? And shouldn't you be lifting weights and stretching, too? But when? This webinar will separate the myths from the facts so you can move toward better health.

To register, visit wellwisconsin.staywell.com and go to *Webinars*.

Wellness webinars highlighting various health and well-being topics will take place the 3rd Wednesday of each month. All webinars will be recorded and available to Well Wisconsin Program participants on the StayWell wellness portal after the event date.

To access the StayWell wellness portal, you must be an employee, retiree, or spouse/domestic partner enrolled in the State of Wisconsin or Wisconsin Public Employers Group Health Insurance Program.