

Summer Webinar Series



Starting an Exercise Program

June 9 - 12:00pm
June 14 - 10:00am
June 16 - 2:00pm

Strength Training Do's and Don'ts

July 22 - 12:00pm
July 26 - 10:00am
July 28 - 2:00pm



Four Keys to Healthy Eating Out

June 7 - 10:00am
June 7 - 12:00pm
June 15 - 2:00pm

Rethink Your Drink

July 6 - 12:00pm
July 14 - 10:00am
July 19 - 2:00pm



Stress Resilience: Bouncing Forward and Thriving

June 22 - 10:00am
June 23 - 2:00pm
June 28 - 12:00pm

Mindfulness 101

July 12 - 12:00pm
July 20 - 10:00am
July 26 - 12:00pm



Register Now!

<https://apps.hr.emory.edu/register/?kind=FSAP>

