HealthierYou

Sponsored by NASA Office of Chief Health and Medical Officer in partnership with StratWell Enterprises.

Healthier You Webinar Series:

These webinars focus on behavior change for improved productivity and wellbeing. A variety of topics are included. Webinars are 1-hour in length and are available to all civil servants, contractors and family.

Details, descriptions and registration information is online at:
http://stratwell.com/nhy2014/

Health & Productivity

Jan 29: Health in America; Becoming Aware & Improving Productivity

Feb 26: Thinking Traps; Unlocking the Fixed Mindset

Physical Activity: Get Up, Get Out, Get Moving

May 21: My Vitality; Energy for Me and My Life

Jun 25: My Outlook; Bringing Me Back to Center

Jul 23: My Mind; Productivity & Possibility

Stress Management: Being in Balance

Mar 26: My Balance; Busting the Myths of Stress

Apr 23: My Potential; From Surviving to Thriving

Nutrition: Eating for Health

Aug 20: My Body; Feeding the Machine

Sep 24: My Edge; A Vitality Boost that Lasts

Oct 22: My Target; Keep it Simple & Make it Fun

For questions regarding webinar registration and other NASA Healthier You offerings please email Dr. Verba Moore at: verba.a.moore@nasa.gov

For questions regarding webinar content please email Karen Meyers at: karen.meyers@stratwell.com