



## Learn & Engage!

The Wellness Webinar program has its own platform! Wellness Concepts is your one stop shop to participate in monthly webinars covering many health topics, Cigna Healthcare wellness resources and Williamson County Healthier You program information.

Register now to access ongoing health and wellness programs on topics like:

- Disease Prevention
- Nutrition Education
- Healthy Cooking
- Stress Management
- Behavioral Health
- and more!

To get started you will need to register for the Wellness Concepts / Healthier You platform and create a user name and password. Once the brief website registration is completed, you can begin registering for upcoming webinars. Once registered, a confirmation email that includes the link for joining the live event will be sent to you. This email will come from no-reply@zoom.us.

11 webinars will be available throughout the year with a replay for each webinar that is available for 30 days. Make sure you register and watch within 30 days to earn your badge!

Earn 8 badges per year to get a \$50 gift card! Incentives will be processed in January once all of the webinars have taken place. There will be a short quiz after the webinar to test your knowledge. Make sure to complete this quiz to earn your badge.

**Click here to register!**