



Learn & Engage!

The Wellness Webinar program has its own platform! You will experience a simple registration method. This is your one-stop site to learn about the upcoming wellness webinars and cooking demos, access registration, replays and handouts. This platform will also provide many health topics, Cigna 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
- Behavioral Health
- Stress Management
- and more!

If you haven't done so, 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, registration for the webinars can be done. 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.

Eight webinars will be available during the winter-spring program and the program ends on May 10th. Two of these webinars are through a different vendor and will be announced in the the Healthier you newsletter and email. A new program will take place in the Fall. The replay for each webinar is available for 1-3 months depending on the day the live webinar is presented.

The 2024 reward for completing 6 webinars is a \$50 gift card and a \$25 gift card for completing 3 webinars. Incentives will be processed twice. Once after the last webinar of the series and again at the end of the program.

If you attend a live webinar you will receive an email with a link to the platform to take a short quiz about the wellness topic. The questions are multiple choice and you will be able to change your answers if necessary until correct. **In addition, a secret password will be provided during the webinar and must be entered on the quiz.** Taking this quiz after you complete the webinar will add your name to a participation report. If you watch the replay, you will also need to take the quiz to receive credit for the completion of the webinar.

[Click here to register!](#)