

Sharecare Health Education

Webinar Catalog



Learning
by @sharecare





Webinar

Physical



1. Physical Well-being and YOU! How to Connect with Your Body
2. Brain Health Series
3. The Magic of Movement
4. Get to the heart of it: how your emotions impact your heart health
5. Finding Your Fitness (include Functional Fitness concept and mental health benefits)
6. Ease Your Mind with Mindfulness (Mindful eating, mindful goal setting, etc. – series)
7. Men's Health: Latest Updates
8. We've Got Your Back - Habits to Reduce Back Pain
9. Intuitive Eating: How to heal your relationship with Food
10. Women's Health: Latest Updates
11. Natural Ways to Fight Cold and Flu

Social



1. Social well-being 101
2. The Power of Social Support
3. Building Positive Relationships and the effect on your Health
4. Loneliness & Your Health
5. Balance: Introvert or Extrovert?
6. Teen Talk: Building a Healthy Relationship with your Teen
7. To Buy or Not to Buy - What to Look for at your Local Farmers Market

Community



1. Finding Joy in good works
2. Personal Connection Through Community
3. Unified Self (How to unite Mind/Body/Spirit)
4. Creating a Healthy Home (bringing nature inside, detoxing your home, benefits of natural light etc.)
5. Look Around You - What Your Community Has to Offer
6. Let's Talk About It: Inclusion/Diversity
7. Safety First! Enjoying the Outdoors Safely

Purpose



1. Finding Your Purpose – An Individualized Approach to Personal Freedom
2. Get Stuff Done: A Realistic Guide to Working From Home
3. Love the Skin You're In! (include creating a self-care checklist)
4. Setting Resolutions with Intention
5. True or False? Decoding Health Myths
6. The Power of Resilience
7. Creating Healthy Boundaries
8. Natural Ways to Reduce Anxiety

Financial

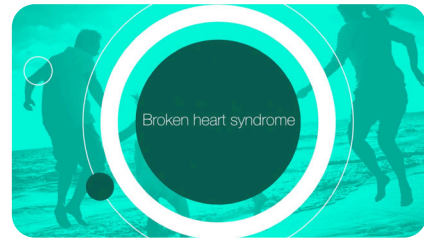


1. Financial Well-being: Where to Start!
2. Eating Healthy on a Budget
3. Pack your Pantry, Pad Your Wallet!
4. Investing 101
5. Money Matters - Making the Most of What you Have
6. Your 401K - Manage to Success



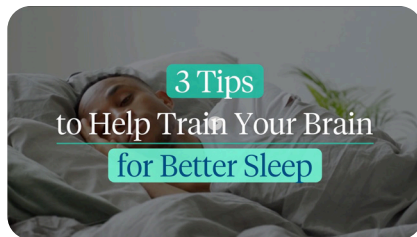
Physical Well-being and YOU! How to Connect with Your Body

This webinar is all about how to care for our physical bodies with kindness and allow ourselves to feel joy and contentment in our own skin.



Get to The Heart of it: How Your Emotions Impact Your Heart Health

Can a broken heart really kill you? Learn more about the correlation between emotions, grief, and heart health in this meaningful webinar.



Brain Health Series

This webinar is a deep dive into loneliness, stress, burnout, and the effects of these emotions on the brain. You will discover techniques to support quality sleep habits.



Finding Your Fitness

Do you struggle to find time to exercise? This webinar gives helpful tips to incorporate exercise into your daily life while covering all the psychological benefits of exercise like fighting depression and improving the aging process.



The Magic of Movement

Discover the key to aging well and the health benefits of walking. This webinar will also give tips to increase your steps throughout the day and explain the impact of movement on the brain and your overall lifespan.



Ease Your Mind with Mindfulness

Discover how to cultivate more mindfulness into your daily activities. Simple breathing exercises and even taking time to be mindful at meals can ultimately lead to a more meaningful, calm, and productive day.



Men's Health: Latest Updates

This webinar is all about men's health and health statistics. Join this webinar to learn how to lower your blood pressure, prevent deadly chronic conditions, and how exercise can help an aging mind.



Women's Health: Latest Updates

This webinar is all about women's health and the latest updates. Find out if nonhormonal birth control methods are right for you. This webinar also discusses what you can expect from a mammogram, how women can recognize heart disease, and menopause milestones.



We've Got Your Back - Habits to Reduce Back Pain

Have you experienced back pain? If you want to discover why your back is hurting, the root of the problem, be able to identify the part of your back that is in pain, and ways to reduce the pain, this webinar is for you!



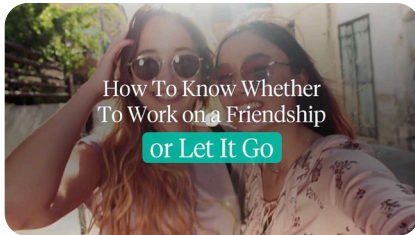
Natural Ways to Fight Cold and Flu

Join this webinar to answer many common questions you may have regarding the flu. Discover the things to avoid when you have the flu along with natural remedies to prevent and manage cold and flu symptoms.



Intuitive Eating: How to heal your relationship with Food

What is mindful eating and how do I start intuitive eating? This webinar explains what intuitive eating is and how to incorporate healthier eating habits into your daily life while practicing mindfulness techniques.



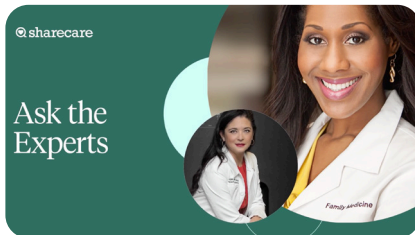
Social well-being 101

This webinar is all about how our social well-being impacts our overall health, wellbeing, and longevity. Join this webinar to discover tips to increase your social well-being by staying connected.



The Power of Social Support

If you are afraid to ask for help from your friends, this webinar gives you all the best practices to lean on your social circle in times of need. We will explore the value of being kind and how to cultivate and foster your support network.



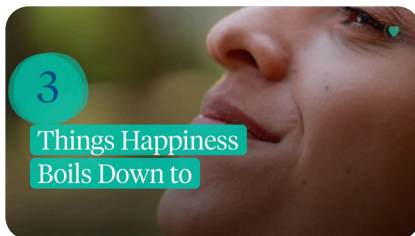
Teen Talk: Building a Healthy Relationship with your Teen

Raising a teen in today's generation can be a daunting task. Learn how to help your teen with depression, teach them resilience and safe social media practices, and ways to improve your teen's sleep.



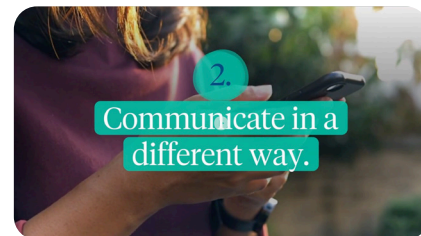
To Buy or Not to Buy - What to Look for at your Local Farmers Market

There are plenty of benefits to eating organic, pesticide free food. This webinar teaches you how to navigate your local farmer's market to pick out foods with the most nutrients to fuel your body with good nutrition.



Balance: Introvert or Extrovert?

This webinar explains the different personality types and how people react to traumatic situations differently. Join this webinar to learn how to enhance your overall happiness given your personality



Building Positive Relationships and the effect on your Health

Friends affect our health physically, emotionally, spiritually, and mentally. Find out in this webinar how to maintain great friendships, become an active listener, and identify the benefits of mentorship.



Loneliness & Your Health

Loneliness is more than just being alone and socially isolated. This webinar describes the symptoms of loneliness and provides tips on how to alleviate loneliness while feeling more connected.



Finding Joy in good works

Take a step outside of yourself and give charity a try! Good works have a direct effect on our physiology. Join us in this webinar as we discuss how!



Creating a Healthy Home

What does a healthy home look like? Join us in this webinar to learn about what a Blue Zone is and how to create a Blue Zone's kitchen. This webinar will also discuss how to set up a healthy home from your bathroom to your workspace.



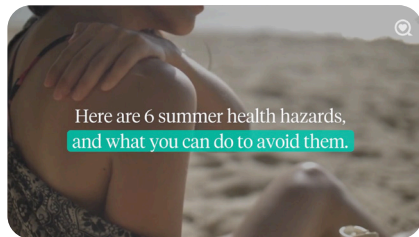
Personal Connection Through Community

This webinar takes a deep dive into what a community is, how you can identify your community, and how being active in your community can help your health long-term.



Look Around You - What Your Community Has to Offer

We may underestimate the value that our community has to offer us. This webinar highlights the importance of community and how your community can offer resources to build resilience.



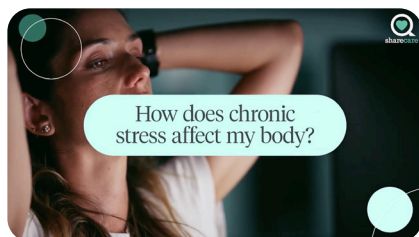
Safety First! Enjoying the Outdoors Safely

Everyone loves to be outdoors, especially in the summertime, although not everyone knows how to enjoy the outdoors safely. Join this webinar to learn tips and tricks to stay safe and healthy this summer.



Let's Talk About It: Inclusion/Diversity

Educating ourselves is the first step in an inclusive society. Discover the connection between mental health and health equity.



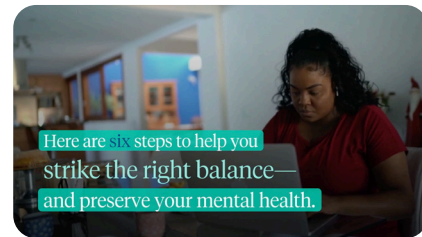
Unified Self (How to unite Mind/Body/Spirit)

Our whole body is connected, which means, our emotions influence our bodies and vice versa. Learn how to keep a positive connection between your mind, body, and spirit throughout this webinar.



Finding Your Purpose – An Individualized Approach to Personal Freedom

It is important to find a “Big P” purpose and “Little P” purpose to be able to live our most authentic, fulfilling lives. This webinar explains the difference between these two types of purpose, their relevance, and provides tools on how to discover each.



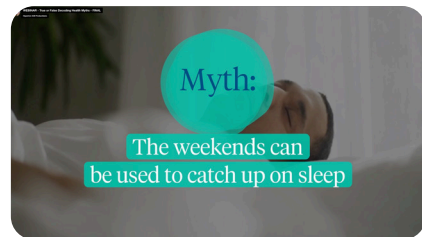
Get Stuff Done: A Realistic Guide to Working From Home

Do you work from home and find it challenging to get stuff done? Join us in this webinar to learn ways to combat isolation, boost your mental well-being, and how to take breaks at your desk to increase your productivity and improve your focus.



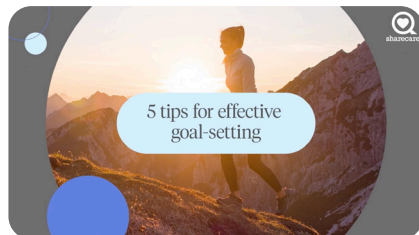
The Power of Resilience

It can be difficult to be resilient during life transitions and when you experience any kind of change. Discover ways to navigate change and learn the three steps of resilience to be able to cope with various challenges and stressful situations.



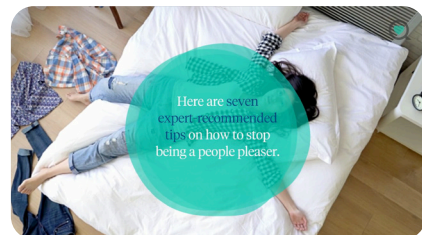
True or False? Decoding Health Myths

This webinar debunks and proves popular myths and misconceptions about sleep, OCD, psoriasis, and pain.



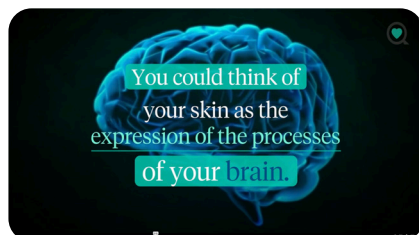
Setting Resolutions with Intention

Do you find yourself setting goals that are unattainable? This webinar gives you tools for effective goal setting and helps you set goals that are both achievable and productive.



Creating Healthy Boundaries

Setting boundaries can be a difficult task, especially when it comes to the people closest to you. If you are having trouble setting boundaries in a healthy way, allow this webinar be your guide.



Love the Skin You're In! (include creating a self-care checklist)

Our bodies respond to stress in a variety of different ways. Discover how to create a self-care routine that is appropriate for you while learning how to reduce stress and enhance relaxation.



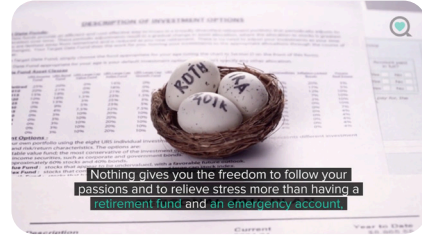
Natural Ways to Reduce Anxiety

This webinar explains anxiety in depth and provides tools to ease anxiety as we get older. It also discusses the connection between nature and mental health.



Financial Well-being: Where to Start!

This webinar is an introduction to getting ahead of your finances while learning how to prepare for the future.



Investing 101

Have you been wanting to learn more about investing but don't know where to start? Join this webinar to get advice from financial experts on saving accounts, dollar cost averaging, and future planning.



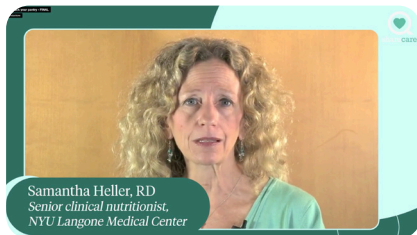
Eating Healthy on a Budget

There are many ways to stay on budget when going to the grocery store even when trying to eat healthy. This webinar gives tips to save on shopping as well as healthy eating recipes.



Money Matters - Making the Most of What you Have

It's Important to be able to make the most out of the money you have while learning to make small improvements with savings. Discover tips to save money, how to ask for a raise, and how to improve your relationship with money.



Pack your Pantry, Pad Your Wallet!

Learn how to combat financial stress in the supermarket and how to identify budget friendly staples to keep in your pantry.



Your 401K - Manage to Success

What is a 401k? This webinar does a deep dive on everything there is to know about a 401k so you feel set up for success.



 **sharecare**

Health Promotion Webinar Catalog
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