

# On Demand Wellness Webinars

The featured On Demand webinar presentations are available any time by visiting the links below.



## **Healthy Grocery Shopping Made Simple** presented by Jessica Cording, MS, RD, CDN

You'll learn where to find healthy items in the grocery store, how to read labels, and what to look for when planning and shopping for healthy meals that help you feel great and reduce disease risk

Link for video: <https://vimeo.com/788780287/8d840cc0e4>

Link for survey: <https://forms.office.com/r/2X6pMcN2WQ>



## **The Importance of Primary Care** presented by Jaclyn Anne Sta. Maria, MD

Find out more about the many benefits of having this type of care, what to look for as you choose your primary care doctor and how to make the most of your doctor's visit.

Link for video: <https://vimeo.com/792752607/0e651a860f>

Link for survey: <https://forms.office.com/r/1rtfdQJkqC>



## **Office ergonomics: Your how-to guide** presented by Chiro Health Spa

Proper office ergonomics — including correct chair height, adequate equipment spacing and good desk posture — can help you and your joints stay comfortable at work.

Link for video: [https://youtu.be/bCt1Cw4db\\_U](https://youtu.be/bCt1Cw4db_U)

Link for survey: <https://forms.office.com/r/JNhqCiUzuN>



## **Understanding Your Heart – Back to the Basics** presented by Stuart Barr, MD

We're getting back to the basics about strategies to prevent a cardiac incident. Stay one beat ahead as we also discuss common diseases of the heart.

Link for video: <https://vimeo.com/796774057/b54a766ada>

Link for survey: <https://forms.office.com/r/78nGLKh63E>



## **Hit the Trails for Health!** presented by NY/ NJ Trail Conference

Join us for tips on finding and safely preparing for great, local hikes. You'll also learn how to build strength, balance, agility, and stamina as you enjoy the trails!

Link for video: Live presentation on 3/9

Link for survey: