



Online Group Coaching: August & September 2023

We've added even more sessions to fit your schedule. Log into myactivehealth.com/mississippi and click on "Coaching" to register! Sessions will close for registration 48 hours before the first session. Sessions are 30 minutes/week for 6 weeks.

Starting Wednesday 8/23

| Topic | Start Time (CST) |
|----------------------------------|------------------|
| Reduce Your Risk of Diabetes | 10:00 am |
| ABCs of Healthy Eating | 1:30 pm |
| Tobacco and Nicotine Cessation | 4:30 pm |
| Reduce Your Risk of Hypertension | 6:00 pm |
| Daily Success with Diabetes | 6:00 pm |

Starting Thursday 8/24

| Topic | Start Time (CST) |
|-------------------------|------------------|
| ABCs of Healthy Eating | 8:00 am |
| Bodies are Made to Move | 11:30 am |
| Start Now, Why Weight | 1:30 pm |
| Success at Stress | 6:00 pm |



We've added even more sessions to fit your schedule. Log into myactivehealth.com/mississippi and click on "Coaching" to register! Sessions will close for registration 48 hours before the first session. Sessions are 30 minutes/week for 6 weeks.

Starting Friday 8/25

| Topic | Start Time (CST) |
|-------------------------|------------------|
| Bodies are Made to Move | 10:00 am |

Starting Tuesday 8/29

| Topic | Start Time (CST) |
|----------------------------------|------------------|
| Understanding Metabolic Syndrome | 10:00 am |
| Success at Stress | 12:30 pm |
| Reduce Your Risk of Diabetes | 3:00 pm |
| Understanding Metabolic Syndrome | 4:30 pm |

Starting Monday 9/18

| Topic | Start Time (CST) |
|----------------------------------|------------------|
| Your Guide to Better Sleep | 10:00 am |
| Understanding Metabolic Syndrome | 10:30 am |
| Start Now, Why Weight | 11:30 am |
| Start Now, Why Weight | 3:00 pm |
| ABCs of Healthy Eating | 4:00 pm |
| Success at Stress | 6:00 pm |

