



Webinar Buffet 2023 – 2024

Earn gift cards while learning about different wellness topics!

The Webinar Buffet is open to all employees. Only MIIA/BCBS subscribers can earn rewards.

As part of your MIIA health plan, you can participate in free wellness webinars each month. To maximize convenience, all webinars can be completed on your own time, anywhere (however they must be completed during the month that they are offered). Choose the webinars that interest you the most. Each month, your employer's wellness champion will email you our monthly wellness e-newsletter, including the details of that month's Webinar Buffet. The Webinar Buffet can also be found on your MIIA health and wellness portal.

The MIIA Webinar Buffet

A variety of short pre-recorded webinars focusing on fitness, nutrition, stress management and more! Complete at least 7 out of 12 webinars, including quiz questions, by August 31, 2024 and earn a \$75 Amazon gift card.

No catch up – webinars must be completed by end of the month. Deadline will be noted on the monthly promotional flier you receive in the e-newsletter.

Month	Wellbeing Buffet
September	NEW: Protein Needs Over the Age of 50
October	NEW: Food Processing 101
November	NEW: Breaking the Stress Cycle with Progressive Muscle Relaxation
December	NEW: A Mindful Moment
January	NEW: Transformative Resolutions: A Guide to Effective Habit Change in the New Year
February	NEW: Lifestyle Choices to Manage Hypertension
March	NEW: Introduction to the Mediterranean Diet
April	10 Minute Desk Stretches
May	Strong Bones: Evidenced-Based Exercise for Osteoporosis Prevention and Management
June	NEW: From the Everyday to the Exotic: Protein Choices for Vegetarians
July	NEW: Understanding the Gut Microbiome
August	Explore and Move Outdoors