

All archived recordings of the webinars
are available online at:

<http://wichita.kumc.edu/kansas-worksite-wellness/webinar-recordings.html>

Webinar #1: The ABCs of Worksite Wellness. What is a worksite wellness initiative, and does my worksite need one?

Webinar #2: Worksite Wellness: You Can Benefit from Benefits. How do you bring employees onboard and make worksite wellness a permanent positive part of your mission and benefits?

Webinar #3: Worksite Wellness: How to Walk the Walk. How can you make sure your company or institution walks the walk when it comes to creating and aligning policies that make health and wellness a reality for all?

Webinar #4: Worksite Wellness: Making It Come Alive! How can you design and implement health promotion projects and programs that can inspire your company and its employees to achieve maximal health and wellness?

Webinar #5: Worksite Wellness: Incentives and the Affordable Care Act. This webinar addresses the Affordable Care Act's new rules for incentives within health plans.



Worksite Wellness Webinars: 2014 Series



Webinars are brought to you by the
KU School of Medicine-Wichita and
the Kansas Department of Health and
Environment



Worksite Wellness Webinars

The 2014 Worksite Wellness Webinar series includes four new worksite wellness webinar topics that have been added to the five worksite wellness webinars offered by the Kansas Department of Health and Environment and the University of Kansas School of Medicine-Wichita in 2012. These new webinars are offered free of charge at noon during March, April, May, and June of 2014. A synopsis of each new webinar has been provided in this brochure. All webinars will be recorded and can be accessed at <http://wichita.kumc.edu/kansas-worksite-wellness/webinar-recordings.html>

Webinar #6

Thursday, March 27, 2014 12:00 PM

Healthy Food Environments

How can I create a healthy food environment at my worksite?

This webinar is designed to provide companies and institutions an overview of evidence-based practices and resources to support access to healthy foods at their worksites.

Reserve your Webinar 'seat' now at: <https://www1.gotomeeting.com/register/136563360>



Webinar #7

Wednesday, April 23, 2014 12:00 PM

Kansas Quitline

How can you support the efforts of your employees to stop smoking?

This webinar will detail the ways in which your worksite can support tobacco cessation efforts among employees and highlight the support available from the Kansas Quitline.

Reserve your Webinar 'seat' now at: <https://www1.gotomeeting.com/register/749747248>

KanQuit!

FREE HELP QUITTING TOBACCO USE →

Webinar #8

Wednesday, May 28, 2014 12:00 PM

Worksite Food Policies

How can my worksite use policies to engender healthy eating habits?

This webinar will go beyond the basics of healthy foods and healthy eating and provide suggestions and concrete examples of policy-level changes worksites can implement to support healthy eating.

Reserve your Webinar 'seat' now at: <https://www1.gotomeeting.com/register/682227377>



Webinar #9

Wednesday, June 25, 2014 12:00 PM

Active Living

How do you walking trails support physical activity and what role can worksites play in walking trails?

This webinar will examine the role walking trails and the physical environment can play in support physical activity and health among employees.

Reserve your Webinar 'seat' now at: <https://www1.gotomeeting.com/register/540961273>



How to Register

Each webinar is free to attend, but pre-registration is required to stream the live webinar. To do so, please select the link next to the webinar you would like to attend. Registration for each webinar is separate. Once registered, you will be sent log-in instructions.

