

Go365 Webinar Series Schedule

Join our Go365 and wellness experts each month for topics you have requested. Sessions range from 30-60 minutes and contain detailed information, resources, and a live Q&A.

Share with your wellness team, Go365 Champs, or anyone promoting Go365 and wellness. Don't forget to invite members to the "Members welcome" sessions too!

2020 Schedule

Date/Time	Members welcome	Name	Registration Link
Apr. 29 @ 1 PM ET	X	Eat healthy on a budget	Registration Link
Apr. 30 @ 11 AM ET		Go365 is here to help during COVID-19	Registration Link
Apr. 30 @ 1 PM ET	X	Strategies to stick with Go365	Registration Link
May 12 @ 11 AM ET		Develop a winning wellness strategy	Registration Link
May 12 @ 1 PM ET	X	Eat healthy on a budget	Registration Link
May 13 @ 1 PM ET	X	10 ways to take advantage of Go365	Registration Link
May 14 @ 1 PM ET	X	(Spanish) Get going with Go365	Registration Link
May 19 @ 11 AM ET		Go365 is here to help during COVID-19	Registration Link
May 19 @ 1 PM ET	X	Healthy ways to manage stress	Registration Link
May 21 @ 11 AM ET	X	Strategies to stick with Go365	Registration Link
May 21 @ 1 PM ET	X	Healthy ways to manage stress	Registration Link
Jun. 24 @ 1 PM ET		Lead by example for higher engagement	Registration Link
Jun. 25 @ 1 PM ET	X	Get connected for Points on the daily!	Registration Link



Session Summaries:

<p>Eat healthy on a budget</p> <p>Leverage our expert advice to get the nutrition you crave without breaking the bank.</p>	<p>10 ways to take advantage of Go365!</p> <p>Learn from the experts on how to earn and reward yourself all year long.</p>	<p>Develop a winning wellness strategy</p> <p>Create or modify your company's wellness plan using these best practices.</p>
<p>Go365 is here to help during COVID-19</p> <p>Catch up on helpful COVID-19 resources and get ideas to help your members boost their well-being.</p>	<p>Strategies to stick with Go365</p> <p>Get inspiration from some of our most experienced Go365 users in this interactive session.</p>	<p>Get going with Go365 (Spanish)</p> <p>We'll walk through a program overview of Go365 by diving into Go365.com in Spanish.</p>
<p>Healthy ways to manage stress</p> <p>Learn to cope with stress using positive thinking techniques you can apply daily.</p>	<p>Lead by example for higher engagement</p> <p>Learn how leader involvement impacts Go365 engagement levels and how to maximize those opportunities.</p>	<p>Get connected for Points on the daily!</p> <p>Learn about verified workouts and how to leverage popular fitness wearables and apps to your advantage.</p>

