



Well-Being Webinar

Stress and Your Waistline

- ▶ The Board of Regents of the University System of Georgia & Blue Cross and Blue Shield of Georgia are excited to present a series of **FREE** webinars focused on your well-being.
- ▶ You'll learn how to recognize signs and symptoms of stress. Most importantly, you'll discover the tools to effectively cope with everyday stressors.
- ▶ **Topic:** Stress and Your Waistline
- ▶ **Host:** Rebecca Mohning - Registered Dietician and Certified Personal Trainer
- ▶ **Date and Time:** Wednesday, August 5, 2015 12:30 pm, Eastern Daylight Time
- ▶ **To register for the online event:**
 1. [Click here](https://healthysupport.webex.com/healthysupport/onstage/g.php?d=648862514&t=a&RT=MIMxMQ==&p) to join the online event OR copy and paste the following link to a browser:
<https://healthysupport.webex.com/healthysupport/onstage/g.php?d=648862514&t=a&RT=MIMxMQ==&p>
 2. Click "Register".
 3. On the registration form, enter your information and then click "Submit".