



2017 Seminar Calendar

An easy way to better health.

Learning how to take small steps to help keep yourself and your family healthy may get a lot simpler with UnitedHealthcare. The monthly audio and video seminars are online and include a question and answer period with expert speakers.

Join us the **second Tuesday of every month** at 12:30 p.m. (ET), 11:30 a.m. (CT), 10:30 a.m. (MT), 9:30 a.m. (PT).

Want to learn even more? Check out the previously recorded seminars that you can watch anytime at uhc.com/seminars.

January 10 Get fit without fads	February 14 My Mediterranean kitchen	March 14 Easy meal makeovers
April 11 Aha! Simple secrets of organized people	May 9 Strength within: Build up your bones	June 13 Power up: A guy's guide to good nutrition
July 11 Crack the code on food labels	August 8 Money talks: Take control of your finances	September 12 Stretch your food dollar
October 10 Food fighters: Eat to lower your cancer risk	November 14 Turn back the clock on diabetes	December 12 Mealtime medicine



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