



WELLNESS WORKSHOPS

The Wellness Portal offers interactive, self-guided workshops to help you learn about your personal health and wellness. Knowledge is power, and our workshops help empower you with the information to make positive changes that can improve your health. We offer 45 workshops on a variety of topics, including –

▶ **BLOOD PRESSURE AND CHOLESTEROL**

High cholesterol and hypertension are two areas where many people face health risks. High cholesterol can be brought under control. Our video provides an overview and tips on how to move toward healthier levels. Our hypertension workshops help you learn about the condition and how to reduce your blood pressure.

▶ **DIABETES**

If you're worried about developing diabetes, check out our diabetes prevention workshop. If you've just been diagnosed with Type II Diabetes, our Overview workshop can help you get a handle on your path forward.

▶ **PREVENTIVE HEALTH**

An ounce of prevention is worth a pound of cure. Men and women require different preventive measures, and our workshops are focused on the unique needs of each.

▶ **STRESS!**

Underlying many of our health concerns is the damage caused by stress. Our series of workshops on stress include stress management, dealing with job stress, social stress and how to achieve life balance.

▶ **TOBACCO CESSATION**

If you need to take the first steps toward quitting, our 12-week workshop can help you stay the course. If you want to learn specifically about smoking cessation, there's a workshop tailored for you.

EARN POINTS FOR PARTICIPATING!

▶ WORKSHOPS AVAILABLE ONLINE NOW:

● CHRONIC CONDITIONS

Managing Your Allergies

Arthritis

Asthma

COPD

Diabetes

Heart Failure

Hypertension

High Cholesterol

Migraines

Osteoporosis

Back Pain

● SELF-CARE

Chart Your Course for Health

Exercise Workshop

Financial Wellness

Getting to Know Your Wellness Portal

Healthy Aging

Life Balance

Nutrition Workshops

Personal Goal Setting

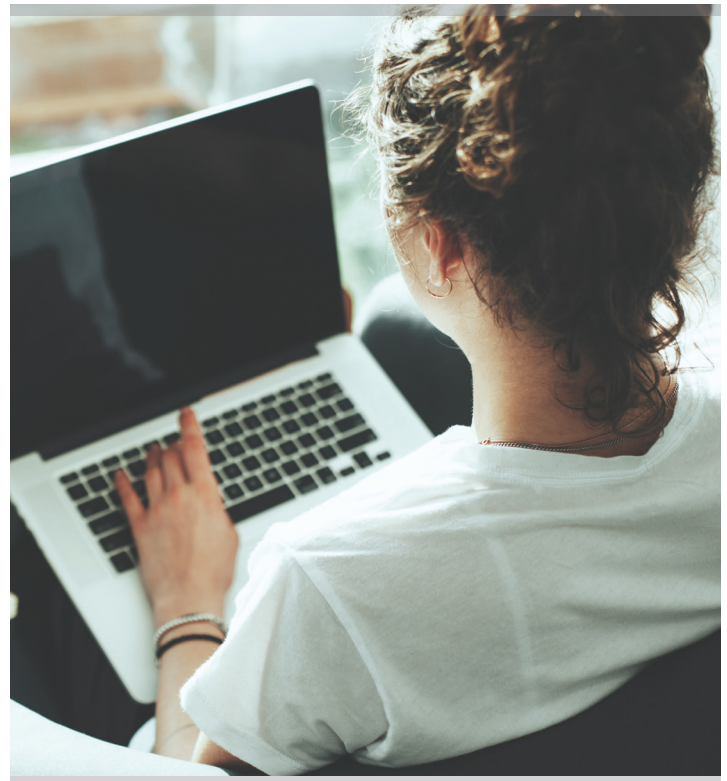
Personality and Stress

Prepare for Flu Season

Sleep Health

Weight Management

... and much more!



To participate in a workshop, log into your MyChart account at QuartzMyChart.com and access the Personal Wellness Portal

(Quartz Well)

& EARN POINTS TO

REDEEM ON AMAZON.COM

