

Simple Guide to Healthy Eating

February 11th 2025 | 12:05-12:35 PM

Struggling to make more nutritious choices? You're not alone. Dietary advice is confusing! Consume foods with certified fairy dust. Only eat grass-fed kale. If you eat after 8pm, you'll turn into a pumpkin. Eating healthier is easier than you may think (and it doesn't involve giving up the foods you love). This presentation discusses simple tools for creating a healthy eating plan and improving our relationship with food and overall wellbeing.

Can't make the live webinar? Register anyway and you'll receive a link to the on-demand recording.

[Register Here!](#)



Questions? Contact momentum@modahealth.com

Sun and Summer Safety

April 29th, 2025 | 12:05-12:35 PM

Don't let the summer heat leave you burned out—stay cool and safe while having fun in the sun! In this webinar, participants will learn practical tips for staying safe in the heat and sun during summer activities. We'll cover the risks of heat-related illnesses like heat exhaustion and heat stroke, how to stay hydrated, and the importance of using proper sun protection, including choosing the right sunscreen. You'll also gain valuable water safety tips to keep yourself and others safe in pools, lakes, and oceans, ensuring a fun and worry-free summer.

Can't make the live webinar? Register anyway and you'll receive a link to the on-demand webinar.

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Mindset for Injury Prevention

July 22nd, 2025 | 12:05-12:35 PM

You've likely practiced mindset management to prepare yourself for performance multiple times throughout your life. That pep talk you give yourself before a presentation, and the music you listen to maintain energy throughout exercise - both examples of mindset management! Is it possible to utilize the power of your mind to prevent injury as well? If injury has already occurred, is it possible to use your "mind powers" to speed up recovery? The answer and the research to back it is in this presentation!

Can't make the live webinar? Register anyway and you'll receive a link to the on-demand recording.

[Register Here!](#)



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Maintaining a Healthy Immune System

September 18th, 2025 | 12:05-12:35 PM

It's always a great time to tune into our health and well-being to strengthen our immune function. In this presentation, we'll navigate tips, tools, and resources to help strengthen the immune system by tapping into our nutrition, daily movement, sleep, and mindset.

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[Register Here!](#)



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