



NECA -IBEW  
WELFARE TRUST FUND  
WELLNESS AND DISEASE  
MANAGEMENT PROGRAM

## 2024 Health Coaching Webinars

Topic	Date	Time
Healthy Carbs	Jan. 11	11:30 a.m. – 11:45 a.m.
Recommended Preventatives	Feb. 8	11:30 a.m. – 11:45 a.m.
Beginner Strength Training	Mar. 14	11:30 a.m. – 11:45 a.m.
Fueling Your Mind	Apr. 11	11:30 a.m. – 11:45 a.m.
Deskercise & Stretching	May 9	11:30 a.m. – 11:45 a.m.
Improving Sleep	Jun. 13	11:30 a.m. – 11:45 a.m.
Overcoming Activity Barriers	Jul. 11	11:30 a.m. – 11:45 a.m.
Stress-Relieving Breathing	Aug. 8	11:30 a.m. – 11:45 a.m.
Portion Control	Sep. 12	11:30 a.m. – 11:45 a.m.
HIIT Workout – Body Weight	Oct. 10	11:30 a.m. – 11:45 a.m.
Healthy Holiday Swaps	Nov. 14	11:30 a.m. – 11:45 a.m.
Protein Sources	Dec. 12	11:30 a.m. – 11:45 a.m.



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