



Simple things you can do to improve your health

March 10 • 10-11 a.m.

Health doesn't have to be hard. Join us as we host Brian McFarlin, Ph.D. to learn four simple and evidence-based strategies to improve health and well-being. Learn more and [register here](#).



Meals in Minutes

March 11 • 10-11 a.m.

If you feel like you don't have enough time in your day to prepare healthy meals or if you want to spice up your current menu, this is the webinar for you! Alexis Schminke, Certified Holistic Nutritionist from Texas DPS, will share tips and tricks for preparing healthy lunch and dinner options that you can have on the table in less than 30 minutes! Learn more and [register here](#).



Updates to the USDA Dietary Guidelines

March 18 • 10-11 a.m.

As we continue to learn more about nutrition science recommendations for what we should be eating change. In this webinar, Holly Cuozzo of Texas DPS will give you an overview of the most recent updates to the USDA guidelines and nutrition labels. Learn more and [register here](#).



Listen to your gut!

Building a healthy microbiome (AKA gut health) and immune system

March 24 • 10-11 a.m.

In this webinar, Brian McFarlin, Ph.D. will explain what our microbiome is and how it contributes to our immune system. He will also delve into how our nutrition impacts gut health and what foods are best to establish a strong immune system. Learn more and [register here](#).



Intermittent Fasting Explained with Lindsey Menge MS, RD, LD

March 25 • 10-11 a.m.

A growing body of evidence suggests that intermittent fasting may positively impact metabolic health and blood sugar control, support cognitive function, and aid weight management. But, is intermittent fasting really superior? If you have tried, considered, or are just curious about intermittent fasting, please join us for this information-packed webinar where we will hear from a nutrition expert on this fascinating topic. Learn more and [register here](#).



What are Naturally Slim and Real Appeal?

If you are interested in learning more about the weight management programs available to HealthSelect plan participants please join us for a webinar to learn more in one of our webinars featuring these programs through the [ERS Wellness Events Calendar](#).