



E-Learning Series & Webinars Available Now!

E-Learning Series & Webinars

Available on the Wellness Portal



E-Learning Series Topics

- Weight Management
- Nutrition for Healthy Living
- The Meaning Behind Your Biometrics
- Your Road Map to Mindfulness

Webinar Topics

- Stress Management and Work-Life Balance
- Diabetes Awareness Plus Sugar
- Understanding Blood Pressure & DASH Diet
- Healthy Eating on the Go
- Sleep – Getting Your ZZZs

Complete the e-Learning Series:

1. Log into your **Wellness Portal** (www.chompworksitewellness.com)
2. Click **Menu>e-Learning**
3. Complete the **Pre-Module Survey**
4. Beginning with Module 1, you must watch each video and take the quiz associated with each module.
5. After you finish the last module, you must complete and submit the **Post-Module Survey**

Complete the Webinar:

1. Log into your **Wellness Portal** (www.chompworksitewellness.com)
2. Click **Menu>e-Learning**
3. Watch the video and complete the corresponding quiz



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