



## Online Group Coaching: June & July 2023

We've added even more sessions to fit your schedule. Log into [myactivehealth.com/stateofindiana](https://myactivehealth.com/stateofindiana) and click on "Coaching" to register! Sessions will close for registration 48 hours before the first session. Sessions are 30 minutes/week for 6 weeks.

### Starting Tuesday 6/20

Topic	Start Time (CST)	Start Time (EST)
ABCs of Healthy Eating	8:00 am	9:00 am
Success at Stress	12:00 pm	1:00 pm
Start Now, Why Weight	6:00 pm	7:00 pm

### Starting Wednesday 6/21

Topic	Start Time (CST)	Start Time (EST)
Reduce Your Risk of Hypertension	11:30 am	12:30 pm
Understanding Metabolic Syndrome	12:00 pm	1:00 pm
Reduce Your Risk of Diabetes	4:30 pm	5:30 pm



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**Starting Thursday 6/22**

Topic	Start Time (CST)	Start Time (EST)
Success at Stress	10:00 am	11:00 am
Start Now, Why Weight	12:00 pm	1:00 pm
Your Guide to Better Sleep	3:30 pm	4:30 pm

**Starting Friday 6/23**

Topic	Start Time (CST)	Start Time (EST)
Understanding Metabolic Syndrome	8:00 am	9:00 am

**Starting Monday 7/10**

Topic	Start Time (CST)	Start Time (EST)
Start Now, Why Weight	8:00 am	9:00 am
Success at Stress	9:30 am	10:30 am
Bodies are Made to Move	12:00 pm	1:00 pm
Your Guide to Better Sleep	2:00 pm	3:00 pm
Success at Stress	4:30 pm	5:30 pm

