

# Online Seminars 2013 Calendar

Source4Women provides tools and resources focused on keeping UnitedHealthcare members and their families healthy. As part of UnitedHealthcare's commitment to helping people live healthier lives, we offer an online seminar on an important health topic every month. Seminars include audio and video, as well as time for questions with expert speakers. All seminars are recorded and available for viewing anytime at [www.Source4Women.com](http://www.Source4Women.com).



Follow @Source4Women on Twitter. We're tweeting upcoming online seminars, new website content, healthy recipes and more!

<p><b>January 8</b></p> <p>▶ <b>Best Weight Loss Tips Ever</b></p> 	<p><b>February 12</b></p> <p>▶ <b>Smart Fitness: Fueling Your Exercise Goals</b></p> 	<p><b>March 12</b></p> <p>▶ <b>Must Eat Foods For You and Your Family</b></p> 	<p><b>April 9</b></p> <p>▶ <b>Dealing with Difficult People</b></p> 
<p><b>May 14</b></p> <p>▶ <b>The Magic of the Mediterranean Lifestyle: The Gold Standard for Heart Health, Longevity and Wellness</b></p> 	<p><b>June 11</b></p> <p>▶ <b>Most Powerful Super Foods</b></p> 	<p><b>July 9</b></p> <p>▶ <b>Nutrition Is the New Wonder Drug to Keep You Forever Young</b></p> 	<p><b>August 13</b></p> <p>▶ <b>Fitness at Work: Simple Ways to Move during the Day</b></p> 
<p><b>September 10</b></p> <p>▶ <b>Eating Healthy on a Shoestring Budget</b></p> 	<p><b>October 8</b></p> <p>▶ <b>Meal Makeovers: Meal Planning, Shopping Lists, Storing and More</b></p> 	<p><b>November 12</b></p> <p>▶ <b>Fast Track to Wellness: 7 Simple Healthy Habits for Busy People</b></p> 	<p><b>December 10</b></p> <p>▶ <b>Mindfulness and Living in the Moment: A Means of Stress Relief</b></p> 