

December Webinar



Gift of Health

Thursday, December 14

12:00 PM – 12:30 PM

Learn ways to enjoy the holidays this year, without the annual feelings of guilt and stress. We'll help you get more out of the food, family and celebrations.

Visit www.pebtf.org/wellness and click the ActiveHealth link. Register early, limited spots available! For more information contact Ali Noll (717-565-7216 or anoll@pebtf.org)

Employees must use their lunch period or use annual or personal leave, based on applicable labor agreement, to take part in this event if it is within their scheduled working hours.



Presented by:
**Jayne Guare, MPH, CPH and
Jim Meister, RD, LDN, CPT**
Your onsite health coaches

