



Online group coaching: January #1 2024

Get started with a 6-week online group coaching series. Log into myactivehealth.com/mississippi 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. You register once for the entire series.

Starting Tuesday 1/2

Topic	Start Time (CST)
Your Guide to Better Sleep	8:00 am
Bodies are Made to Move	9:30 am
Reduce your Risk of Hypertension	12:00 pm
Tobacco and Nicotine Cessation	6:00 pm

Starting Wednesday 1/3

Topic	Start Time (CST)
Reduce your Risk of Hypertension	9:30 am
Tobacco and Nicotine Cessation	11:30 am
Bodies are Made to Move	12:00 pm
Reduce your Risk of Diabetes	4:30 pm

Starting Thursday 1/4

Topic	Start Time (CST)
Understanding Metabolic Syndrome	10:00 am
Reduce your Risk of Diabetes	12:00 pm
Success at Stress	12:30 pm
ABCs of Healthy Eating	3:30 pm



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Starting Friday 1/5

Topic	Start Time (CST)
Start Now, Why Weight	8:00 am

Starting Monday 1/8

Topic	Start Time (CST)
Success at Stress	8:00 am
ABCs of Healthy Eating	9:30 am
Start Now, Why Weight	12:00 pm
Your Guide to Better Sleep	12:30 pm
Understanding Metabolic Syndrome	4:30 pm

Starting Tuesday 1/23

Topic	Start Time (CST)
Start Now, Why Weight	10:00 am
ABCs of Healthy Eating	11:30 am
Success at Stress	11:30 am
Success at Stress	2:00 pm
Reduce your Risk of Hypertension	3:00 pm
Reduce your Risk of Diabetes	4:30 pm



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Starting Wednesday 1/24

Topic	Start Time (CST)
Your Guide to Better Sleep	10:00 am
Understanding Metabolic Syndrome	11:30 am
Reduce your Risk of Diabetes	1:30 pm
Bodies are Made to Move	2:00 pm
Reduce your Risk of Hypertension	4:30 pm
Understanding Metabolic Syndrome	6:00 pm

Starting Thursday 1/25

Topic	Start Time (CST)
Bodies Are Made to Move	8:00 am
Tobacco and Nicotine Cessation	11:30 am
Start Now, Why Weight	1:30 pm
Start Now, Why Weight	4:00 pm
ABCs of Healthy Eating	6:00 pm
Bodies are Made to Move	6:30 pm

Starting Friday 1/26

Topic	Start Time (CST)
Reduce your Risk of Hypertension	10:00 am