



Discover free Online Group Coaching

Want to wake up with more energy? Start fitting into your old clothes again? Take charge of your health condition and live a fuller life?

Join one of these free courses from your computer or mobile device:



Stress Less, Live More
Wednesdays, 1:30 - 2 PM, ET,
July 11 to August 15



The Weight is Over
Thursdays, 6 - 7 PM, ET,
July 12 to August 16



Eat, Drink and Be Healthy
Wednesdays, 12 - 12:30 PM, ET,
July 11 to August 15



Quitting Tobacco Together
Tuesdays, 6 - 6:30 PM, ET,
July 10 to August 14



The Weight is Over
Thursdays, 12:30 - 1:30 PM, ET,
July 12 to August 16



Better Blood Pressure Now
Thursdays, 2:30 - 3 PM, ET,
July 12 to August 16



Daily Success with Diabetes
Wednesdays, 1:30 - 2 PM, ET,
July 11 to August 15

Sign up for a free course at <http://myactivehealth.com/cova>
Courses start **July 10th**. Space is limited.

Online Group Coaching is just one of many ActiveHealth® Management programs that you may be able to join. See other side for sign up instructions.

*Make sure the Cisco WebEx Meetings app is installed on your mobile device before you attend the first class.

Ready to start getting healthy?

1. **Log in or create an account** at <http://www.myactivehealth.com/city>
2. Click **“Online Group” Coaching** on the left-side panel after clicking “Dashboard.” You can also find Online Group Coaching in “Additional Resources.”
3. Click **“Sign up”** for the course you want to take.
4. Answer the questions provided and **click “Register.”** You will be registered for all the classes in the course.



Need help registering? Call 1-855-231-3711

For technical questions, call : 1-888-852-3138 and select #2 for support



Online Group Coaching

It's free. It's easy. And it just may change your life.



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.