

Livongo: Diabetes Awareness Month

November is Diabetes Awareness Month. Learn more about how Livongo helps members find an easy way to fit health into your life and manage their diabetes.

Register [here](#) to get the webinar link.

- **Date:** Wednesday, Nov. 4
 - **Time:** 12-12:30 p.m.
-

Omada: A whole new way to get healthy

Join this Omada webinar for Diabetes Awareness Month and find out if Omada is a fit for you.

Register [here](#) to get the webinar link.

- **Date:** Wednesday, Nov. 4
 - **Time:** 12:30-1 p.m.
-

Airrosti: Tech Neck

This presentation discusses common conditions the Airrosti program can treat in the upper back, neck, and arms. It will also go over basic stretches and exercises that attendees can do to help.

Register [here](#) to get the webinar link.

- **Date:** Monday, Nov. 2
 - **Time:** 12-12:45 p.m.
-

Airrosti: Headaches

This presentation covers the types of headaches that patients can suffer from. It will also go over basic stretches and exercises that attendees can do to help.

Register [here](#) to get the webinar link.

- **Date:** Thursday, Nov. 5
 - **Time:** 11-11:45 am
-

Health at Your Desk

This presentation discusses common conditions the Airrosti program can treat in the upper back, arms, lower back, and hips. It will also go over basic stretches and exercises that attendees can do to help.

Register [here](#) to get the webinar link.

- **Date:** Tuesday, Nov. 10
 - **Time:** 12-12:45 p.m.
-

Health on the Move

This presentation discusses common conditions the Airrosti program can treat in the lower back down to the feet. It will also go over basic stretches and exercises that attendees can do to help.

Register [here](#) to get the webinar link.

- **Date:** Monday, Nov. 16
- **Time:** 12-12:45 p.m.

Best Foot Forward

This presentation discusses the common cause and symptoms of plantar fasciitis. It will also go over basic stretches and exercises that attendees can do to help.

Register [here](#) to get the webinar link.

- **Date:** Wednesday, Nov. 18
- **Time:** 12:30-1:15 p.m.