

Healthy Habits at Home for Families

Thursday, April 11th, 2024 | 12:05-12:45 PDT

Are you looking for new ideas on how to spend fun, quality time with your family? Developing healthy habits and spending quality time together as a family can happen simultaneously! In this webinar we discuss family friendly activities how to spend quality family time in the areas of nutrition, physical activity, mindfulness, and for each season of the year!

Not able to attend the live webinar? Register anyways and you'll receive a link to the recording.

[Register HERE!](#)



Questions? Contact momentum@modahealth.com

From Plate to Pillow: Nutrition for Improved Sleep

Wednesday May 15th, 2024 | 12:05-12:45pm PDT

How you fuel your body plays a large impact on your sleep quality. We're not talking about excessive consumption to put yourself in a "food coma". Improved sleep is a product of a healthy diet. What we eat, when we eat, and how we hydrate all factor into sleep quality. A few simple tweaks throughout the day and you'll be waking up feeling refreshed and ready to tackle the next day. We will close the presentation with a live demo of a sleep-promoting evening snack and beverage! Want to follow along? Great! Recipes will be sent to registrants prior to the webinar.

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[Register HERE!](#)



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Fermented Foods for Gut Health

Tuesday August 13th, 2024 | 12:05-12:45pm PDT

Fermented foods and drinks are ancient superfoods. They encourage our gut flora to flourish and are praised for their gut-healing and immunity boosting properties. This webinar will cover a high-level overview of the microbiome, describe what fermented foods are and why they're beneficial, and close with a live demonstration. Want to follow along? Great! Recipes will be sent to registrants prior to the webinar.

Not able to attend the live webinar? Register anyways and you'll receive a link to the recording.

[Register Here!](#)



Questions? Contact Momentum@modahealth.com

Budgeting, Planning and Empowerment for Financial “Wellth”

Wednesday October 30th, 2024 | 12:05-12:45

Do you feel empowered when it comes to money? Being financially empowered means feeling secure about your finances and your future. It means knowing where you are at financially, and more importantly, where you are going. Join us to learn about basic financial literacy and how you can incorporate wellness into your finances, to get closer to true "Wellth"!

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[Register Here!](#)



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