

# Source4Women online seminars: Calendar 2011

Source4Women provides tools and resources focused on keeping UnitedHealthcare members and their families healthy. As part of UnitedHealthcare's commitment to helping people live healthier lives, we offer an online seminar on an important health topic every month. Seminars include audio and video, as well as time for questions with expert speakers. All seminars are recorded and available for viewing anytime at [source4women.com](http://source4women.com).

<p><b>January 11</b> Healthy Weight</p> <p>▶ <b>Myth Busters: Diet Myths that Keep us Fat</b></p> 	<p><b>February 15</b> Heart Health</p> <p>▶ <b>Healing Foods: Let Food be Thy Medicine</b></p> 	<p><b>March 8</b> Nutrition</p> <p>▶ <b>Meal Planning and Cooking Healthy Meals</b></p> 	<p><b>April 12</b> Stress Awareness</p> <p>▶ <b>Mindful Eating: Discouraging Emotional and Disordered Eating</b></p> 
<p><b>May 10</b> High Blood Pressure</p> <p>▶ <b>Food 101: The Truth about What You Eat</b></p> 	<p><b>June 14</b> Home Safety</p> <p>▶ <b>Keeping Food Safe in the Kitchen, at Picnics and on the Buffet</b></p> 	<p><b>July 12</b> UV Safety</p> <p>▶ <b>Eating a Diet Closer to the Earth, from Vegetarian to Flexitarian</b></p> 	<p><b>August 9</b> Immunization Awareness</p> <p>▶ <b>Test Your Food IQ</b></p> 
<p><b>September 13</b> Cholesterol Education</p> <p>▶ <b>Eating Right at Every Age - 20s, 30s, 40s, 50s, 60s and Beyond</b></p> 	<p><b>October 11</b> Breast Cancer Awareness</p> <p>▶ <b>For Women Only: Keeping Healthy Through Nutrition</b></p> 	<p><b>November 8</b> Diabetes</p> <p>▶ <b>Everything You Always Wanted to Know about Sweeteners: From Agave to Stevia</b></p> 	<p><b>December 13</b> Safe Toys and Gifts</p> <p>▶ <b>Best Holiday Ideas</b></p> 