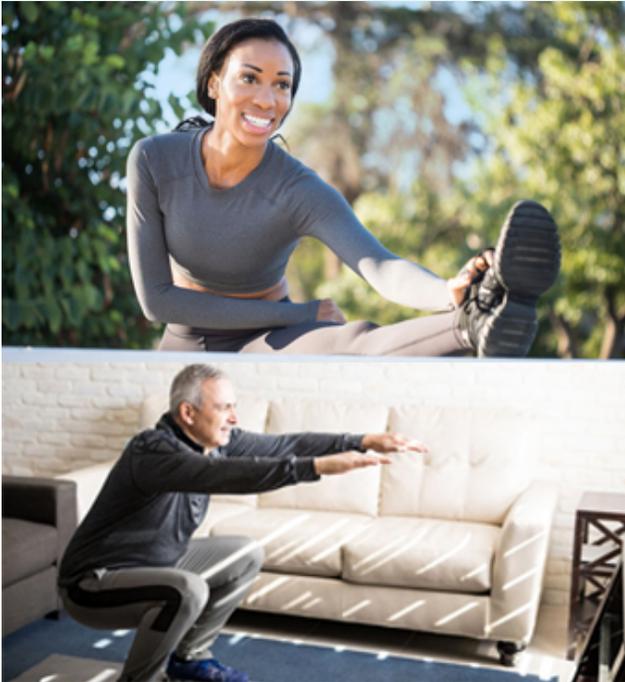


Monthly Webinar Series

Starting on Monday, September 8, 2020 thru August, 2021

Complete at least 7 of 12 monthly webinars, answer quiz questions, and comment on your take-aways to earn a \$50 gift card!*



Tips To Build An Effective Workout

This webinar by Kate Kuzminski will address the best ways to create a successful and well-rounded workout program. While each person will have different needs and goals, Kate will discuss specific types of exercises that should be included within a general workout program. This webinar will include sample exercises and tips for building your ideal workout program to help keep you moving on a daily basis. Let's learn how to move more together!

Each month, you must:

- Watch the entire webinar.
- Answer 3 quiz questions about the webinar - you don't have to get them right.
- Leave a comment about your strongest take-away from the webinar.
- You must complete the above before the end of each month - no back-tracking!

Register today at [MIIAWinners.org](https://www.MIIAWinners.org) See page 2 for complete registration instructions

This is a **FREE PROGRAM** open to all MIIA employees and their spouses.

* Only MIIA / BCBS subscribers are eligible for a reward.



Monthly Webinar Series

Starting on Monday, September 8, 2020 thru August, 2021

Complete at least 7 of 12 monthly webinars, answer quiz questions, and comment on your take-aways to earn a \$50 gift card!*

Registration Instructions

1. Go to www.miiawinners.org
2. **If you have a MIIA Winners account:** **Log in first**, then follow the link in the user portal to enroll in this new program. **If you don't have a MIIA Winners account:** Use the "Proceed to Registration" button on the MIIAWinners home page.
3. Enter the Registration Code: **buffet2020** (case sensitive)
4. Fill out the registration information and submit.
5. Once you have registered, you're done till the program launches.
6. On Monday, September 8, 2020 you'll receive an email to let you know the program has begun!

