



# Maintain Don't Gain: Handling Holiday Stress

## MIIA Webinar Buffet for December

Available December 1st through December 31st

The holidays are a wonderful time of year with family and friends and celebrations. But, for some of us, they are also a challenging time filled with temptations to over-indulge on comfort foods and seasonal treats. This 8-minute webinar will provide some tips on how to handle the holiday stress, so we aren't reaching for high sugar/high calorie foods to help us feel better. Lowering stress levels during the holidays does not have to be complicated and it can make this time of year even more joyous.

**Register today at [MIIAWinners.org](http://MIIAWinners.org)**

See page 2 for complete registration instructions

### Each Month You Must:

- Log in to [MIIAWinners.org](http://MIIAWinners.org) and watch the entire webinar (usually less than 15 minutes each)
- Answer the quiz questions after each webinar - you don't have to get them correct.
- Leave a comment about your biggest take-away from the webinar.
- Complete the above before the end of the month - no back-tracking!

# MIIA Webinar Buffet



Complete 7 of 12 monthly webinars (Sept. '22 to Aug. '23), answer the quiz questions and comment on your take-aways to earn a \$50 gift card!

Only MIIA/BCBS subscribers are eligible for a gift card.

## To participate in the 2022-2023 Webinar Buffet You must register\*

\*Participation in a previous Webinar Buffet program does not automatically enroll you in this program. Please follow the steps below to register.

1. Go to [www.miiawinners.org](http://www.miiawinners.org)

**2. If you have a MIIA Winners account:**

Log in first, then scroll to "Register for an Online Program" and follow instructions to enroll in this 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: BUFFET22-23 (case sensitive)

4. Fill out the registration form.

5. Once you have registered, you may access the program.

 /miiasocial | [www.emiia.org](http://www.emiia.org)

**MIIA**   
**Well Aware**  
Work Well. Live Well.

This is a FREE PROGRAM open to all MIIA Webinar Buffet 22-23 employees and their spouses.