



How is Your Balance?

Learn how easy and important it is to improve your balance and overall strength

MIIA Webinar Buffet for October

Available October 1st through October 31st

Would you like to improve your balance and increase your overall strength? Join Kate Kuzminski, Certified Mobility and Personal Trainer for this 15 minute webinar. You will learn why it is so important to improve and maintain your balance and stability and how basic strength training plays a key role. Kate will guide you through simple exercises and help you to design a program for yourself. A pillow and towel are recommended but not required.

Register today at MIIAWinners.org

See page 2 for complete registration instructions

Each Month You Must:

- Log in to 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

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

MIIA 
Well Aware
Work Well. Live Well.

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