

MIIA WEBINAR BUFFET

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

– SEPTEMBER 2020 through AUGUST 2021 –



APRIL WEBINAR:

How to Reduce Inflammation Naturally

When inflammation becomes chronic and systemic, it can contribute to many diseases such as obesity, heart disease, and diabetes. Join Bill Bradley, R.D. as he interviews Dr. Artemis Morris, co-author of the Anti-Inflammatory Book for Dummies about all things inflammation. Learn what things in your life are causing inflammation and how to decrease inflammation with diet, exercise and stress reduction.

Available April 1st through April 30th

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 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.

MIIA 
Well Aware
Work Well. Live Well.

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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'll be able to access the program from the MIIAWinners user portal.

