

FREE WEBINAR

KEEPING YOUR FAMILY HEALTHY DURING FLU SEASON

Date: November 24, 2009, **PST:** 7:30-8:30am **CST:** 9:30-10:30am **EST:** 10:30-11:30am

Location: On-Line, Free Webinar

Instructions: First go to www.efslibrary.net/13, and click on the [Keeping your Family Healthy During Flu Season](#) Webinar Title.

- Sign up for the seminar [Keeping your Family Healthy During Flu Season](#) the week of November 9. You be instructed to create a free User Account through WizIQ.com
- A few hours before the start of the session, WizIQ will send you an email with the session URL Link. Be sure to sign up with an email address you can access from where you plan on viewing the webinar..
- 5 to 10 minutes prior to start time, click on the URL Link WizIQ emailed you.
- You will then be directed to Instructor Melissa Halas-Liang's main Session Description site. Click the button that says "Launch Session."
- Turn up speaker sound or wear head set.
- Ask or type questions at the end of presentation.
- Having problems with log-in? Contact: dopft@yahoo.com

Description: With the cold season right around the corner, and H1N1 (swine flu) already flexing its muscles, the best way to stay healthy this season is to be educated. The Webinar "Keeping Your Family Healthy during Flu Season" covers topics that will help keep you healthy.

In this webinar you will:

- *Learn about how the flu is currently affecting America and the rest of the world.
- *Understand how to stay healthy through means of proper sleep, hydration, diet and personal hygiene.
- *Be able to identify the differences between a cold and the flu, and know the signs/symptoms of each.
- *Understand if the H1N1 vaccine is really worth the potential risks.

We will end the session with Q&A. Be sure to bring your questions! Email dopft@yahoo.com with questions.

Speaker: Jasmine Jafferli, MPH

Jasmine Jafferli, MPH, is the Program Coordinator and an instructor for the Professional Certificate in Women's Personal Exercise Training and Wellness. She has a diverse fitness background with over ten years of industry experience in campus recreation, corporate wellness, and the commercial health club setting. She has presented on a wide range of health and fitness topics for the community, at major corporations, and at national and international conferences. She also advocates bringing the fitness and medical community together through wellness and preventative programming. Jasmine specializes in Women's Health and Wellness focusing on pre and postnatal fitness and is a *Master Trainer* for Healthy Moms® Fitness and Resist-a-ball®.