

Your exercise journey webinar message (SEBB)

How to use

1. Share the message below with employees before May 14, 2025.
2. The message is ready to use as is. You can also tailor it to fit the needs of your organization.

**Tip:** Highlight the value of worksite wellness by asking your leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our [Worksite Wellness Roadmap](https://fortress.wa.gov/hca/wawellness/login.aspx) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

MESSAGE BELOW

**Subject**: Take the next step in your exercise journey: Lunch and Learn invitation!

Join WebMD for a 30-minute Lunch and Learn webinar: *Your Exercise Journey: The Next Step Forward.*

You’ll learn about the following topics:

1. Exercise is a journey
2. What does it take?
3. Barriers
   1. Getting started
   2. Time
   3. Finding what you enjoy
4. Finding success
5. The Invitational Team Steps Challenge
6. Dynamic warm-up

**When and where**  
Wednesday, May 14, 2025  
12:00 to 12:30 p.m. (Pacific)  
GoTo Webinar

**How can I sign up?**

[Register](https://attendee.gotowebinar.com/register/8976004356609703765) to join the webinar on May 14.

A recording will be available on [HCA’s website](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb) by May 14.

**Need Closed Captioning?**

Contact [Maria Royall](mailto:maria.royall@hca.wa.gov).

**Questions?**

Contact [Jamie Wise](mailto:jwise@webmd.net).

**END MESSAGE**