

# **MNP HEALTH SERVICES SEMINAR SCHEDULE 2018**

**JANUARY-** OBSTRUCTIVE SLEEP APNEA/ INSOMNIA

**FEBRUARY-** EMPLOYEE ASSISTANCE PROGRAM/ OPIATE ABUSE

**MARCH-** REAL FOOD MATTERS (YOU ARE WHAT YOU EAT)

**APRIL-** QUIT THE NIC

**MAY-** GET FIT

**JUNE-** WHATS NEW WITH HYPERTENSION

**JULY-** PRE DIABETES

**AUGUST-** HOW YOUR DIET AFFECTS YOUR MIND

**SEPTEMBER-** FORGETFULNESS AND AGING, WHATS NORMAL?

**OCTOBER-** WAYS TO INCREASE YOUR METABOLISM

**NOVEMBER-** 12 THINGS SUPER HEALTHY PEOPLE DO TO STAY THAT WAY

**DECEMBER-** HOOKED ON SUGAR?