



Reta Trust Live Well Program presents:
Behavior Change & the Brain – Scheduled Webinar

This is your official invitation to join a scheduled webinar to discuss “Behavior Change & the Brain.” The WebMD Wellness Coordinator will take an in-depth look at how the brain changes when forming habits. In this webinar, you’ll learn to identify different methods to change behaviors, describe cognitive behavioral therapy, and learn tips for creating healthier habits.

Who: Members and Spouses enrolled in a Reta Trust Medical Plan

What: The 45 minute presentation will provide you with educational content, the opportunity to ask questions, and a brief description of the Reta Trust Live Well Program.

When: This webinar will be available at the following times:

- July 22nd from 9 – 945 AM PST / 11 -1145 AM CST / 12 -1245 PM EST
- July 22nd from 12 -1245 PM PST / 2 -245 PM CST / 3 - 345 PM EST

How: Register here: [Behavior Change & the Brain](#). Use the dropdown to choose the best day and time that works for you. If you miss the scheduled webinar, a recording will be sent to you via email afterwards.

Reta Trust will be offering monthly scheduled webinars throughout the remainder of 2020. Other topics include: Food Rules, Biometrics: Know your Numbers, Resiliency, Holiday Weight Management, and Sleep 101.