



HelpNet Webinar February 2026

Eat Your Way to Better Health

The food we eat has more impact on our health than almost any other factor. Yet in today's environment of minimal time and super-sized portions, and with conflicting reports about what is and is not healthy, many of us struggle to get the nutrients we need to thrive. During this interactive session, we'll take the guesswork out of healthy eating and provide simple, sustainable strategies that can be incorporated into even the busiest lifestyles. Whatever your health-related goals might be, this session will empower you with resources and information to help you lead the longest and healthiest life possible.

Available On Demand

Starting February 1

To access Continuum's HelpNet, visit 4continuum.com and complete the member login at the top of the page. From HelpNet's home page, click the featured webinar of the month.

Available when you need us, Continuum EAP is a free, confidential program to help you balance your work, family and personal life.

Visit Us

- 402.476.0186/800.755.7636
- 4continuum.com
- easepecialist@4continuum.com