

AIA Vitality WEBINAR SERIES

We've planned a series of webinars to help you live healthier, longer, better lives. Look out for our EDMs with instructions on how you can register for these enriching sessions, and receive 50 AIA Vitality points for each session you attend.

16 May 2020
2pm-3pm



When Gut Meets Brain
by Health Can Be Fun

19 May 2020
12pm-12.30pm
1pm-1.30pm



Gentle Flow Yoga
by Fitness First

20 May 2020
6.30pm-7.30pm



Your 101 Guide to Sports Nutrition
by Health Can Be Fun

23 May 2020
2pm-3pm



Hands Up for Yoghurt Party
by Health Can Be Fun

26 May 2020
12pm-12.20pm
1pm-1.20pm



Les Mills BodyCombat
by Fitness First



Webinar dates are subject to change. Information is correct as at 6 May 2020.