
LifeSpeak
Member Webinar for Segal

- At LifeSpeak your well-being matters. We’re here to help you thrive, not just cope.



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Videos: Watch short engaging sessions packed with practical guidance from trusted professionals

Articles: Read clear, credible content that breaks down complex topics into easy-to-understand takeaways.

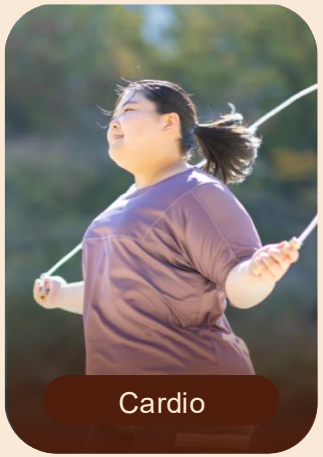
Programs: Follow structured series designed to help you build skills and make meaningful progress over time.



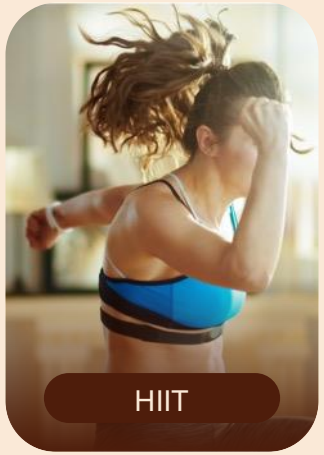
Please place any questions in the chat

Fitness & Nutrition

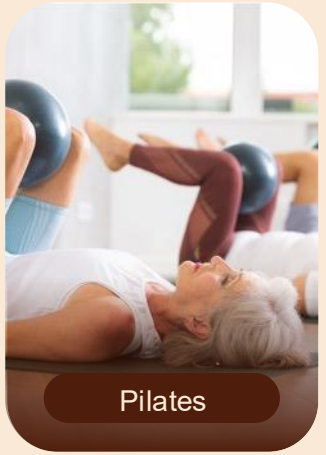
Popular Topics

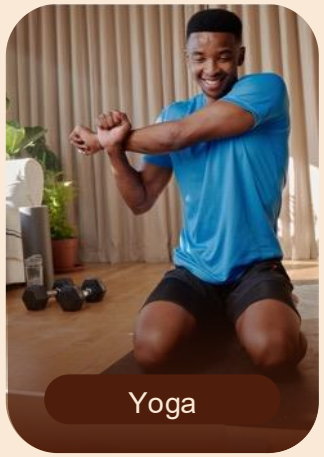


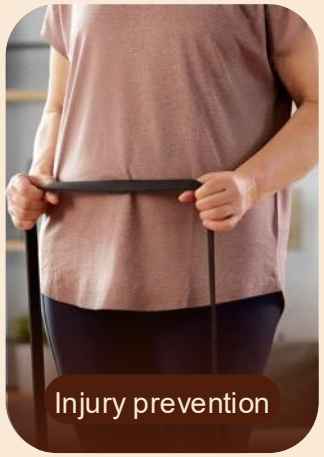


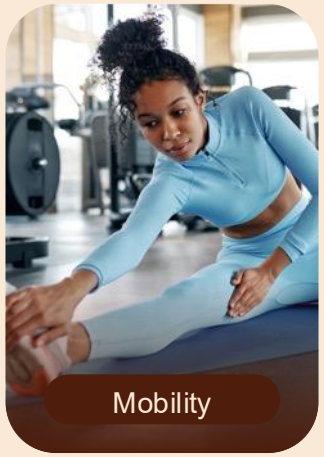




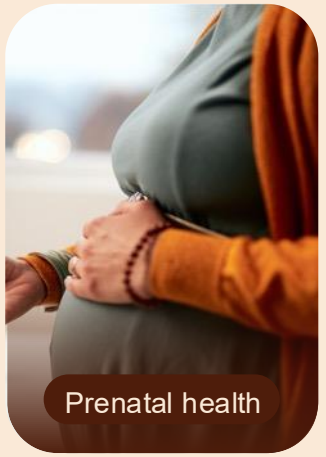












Featured Experts



Tina McAlpine
Fitness instructor



Jodi Sussner
MA in Exercise Physiology



Dr. Kevin Jardine
Functional Medicine Practitioner & High Performance Coach



Jessica Wong
Group fitness instructor and yoga teacher



Sheldon McBee
ACE certified Personal Trainer

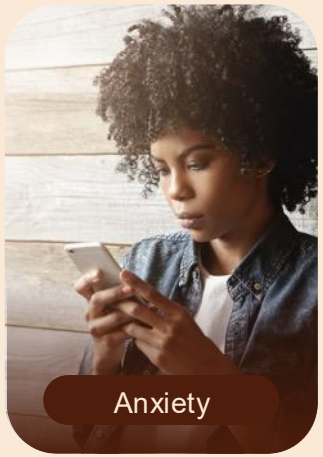


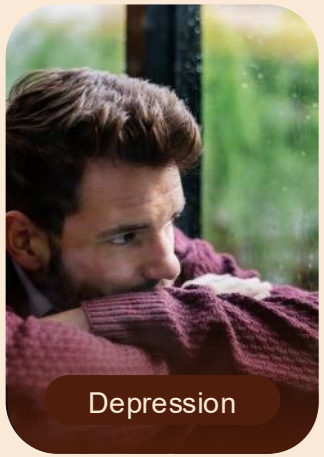
David Sarwer, PhD
Director of the Center for Obesity Research

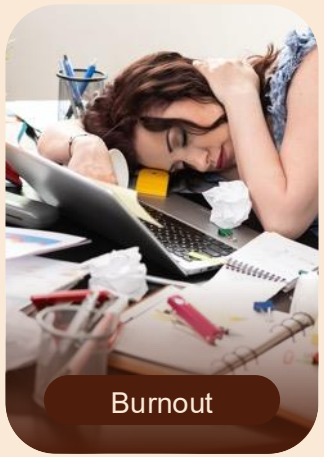
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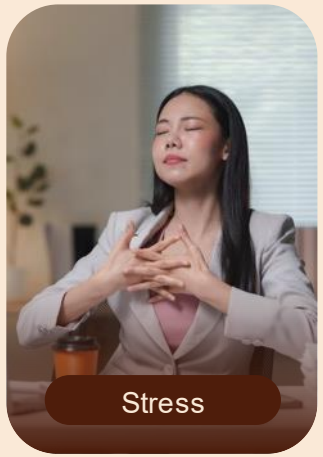
Mental Health

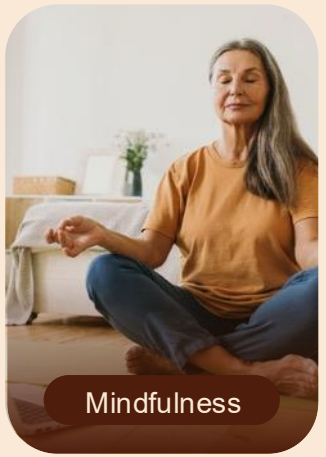
Popular Topics

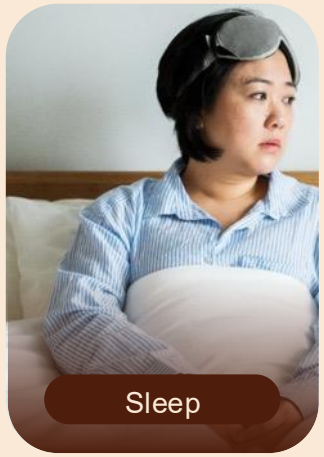




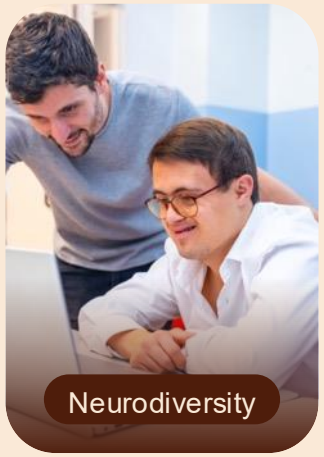
















Featured Experts



Dr. Camille Preston
Business Psychologist



Dr. Lisa Ndejuru, PhD
Psychotherapist



Dr. Ghayda Hassan, PhD
Clinical Psychologist



Dr. Reena Kotecha, MD
Organizational Consultant, TEDx/Speaker



Dr. Christopher Willard PsyD
Clinical Psychologist



Dr. Jennifer Mervyn, MA, PhD
Registered Psychologist

Please place any questions in the chat

Invite friends and family



- Sign in to your **LifeSpeak** profile
- Click on your **profile**
- Select the **Sub-Accounts** tab
- Enter the **email address** of the person you’d like to invite

Please place any questions in the chat

How to get started

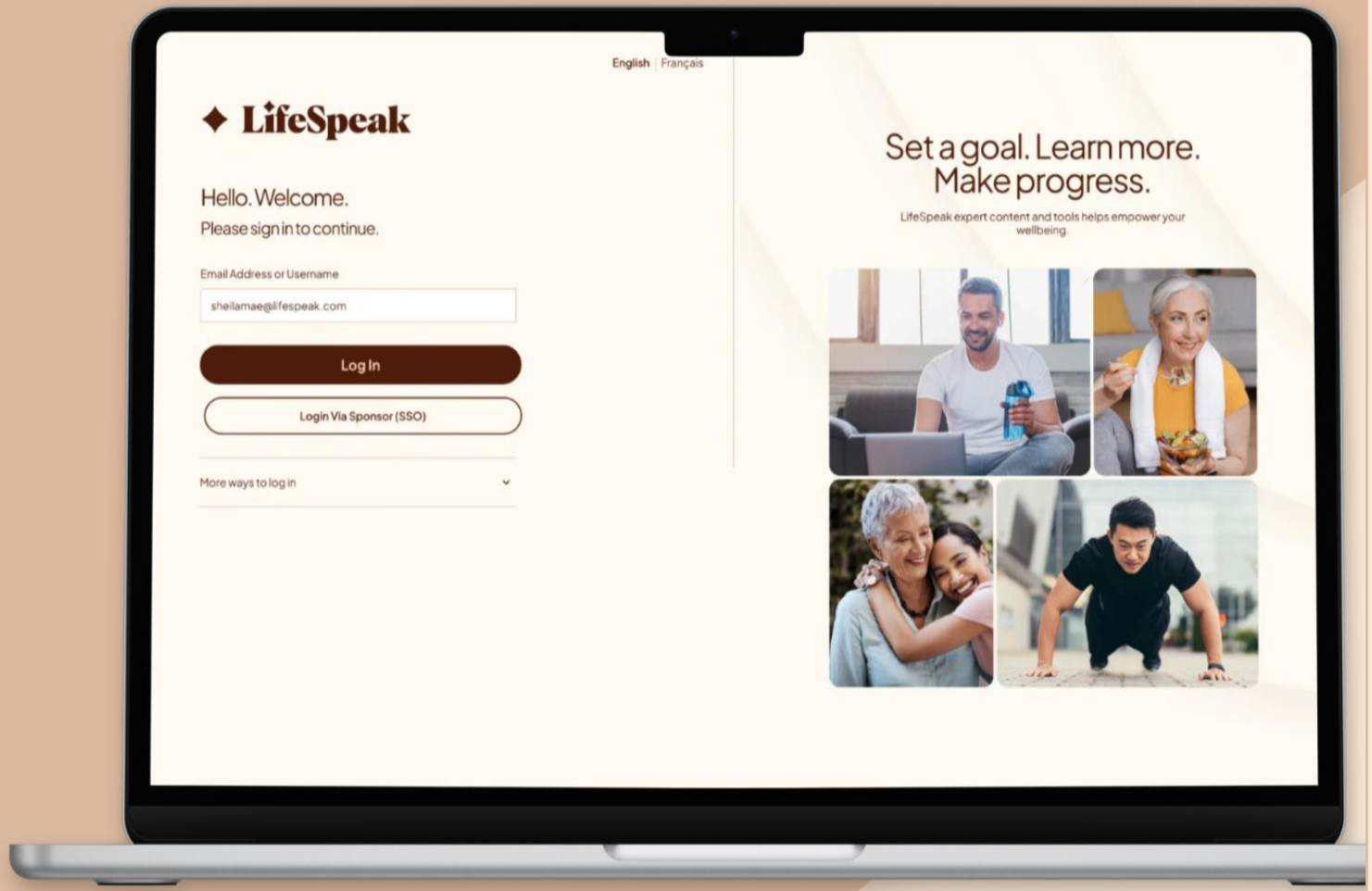
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Visit **portal.lifespeak.com**

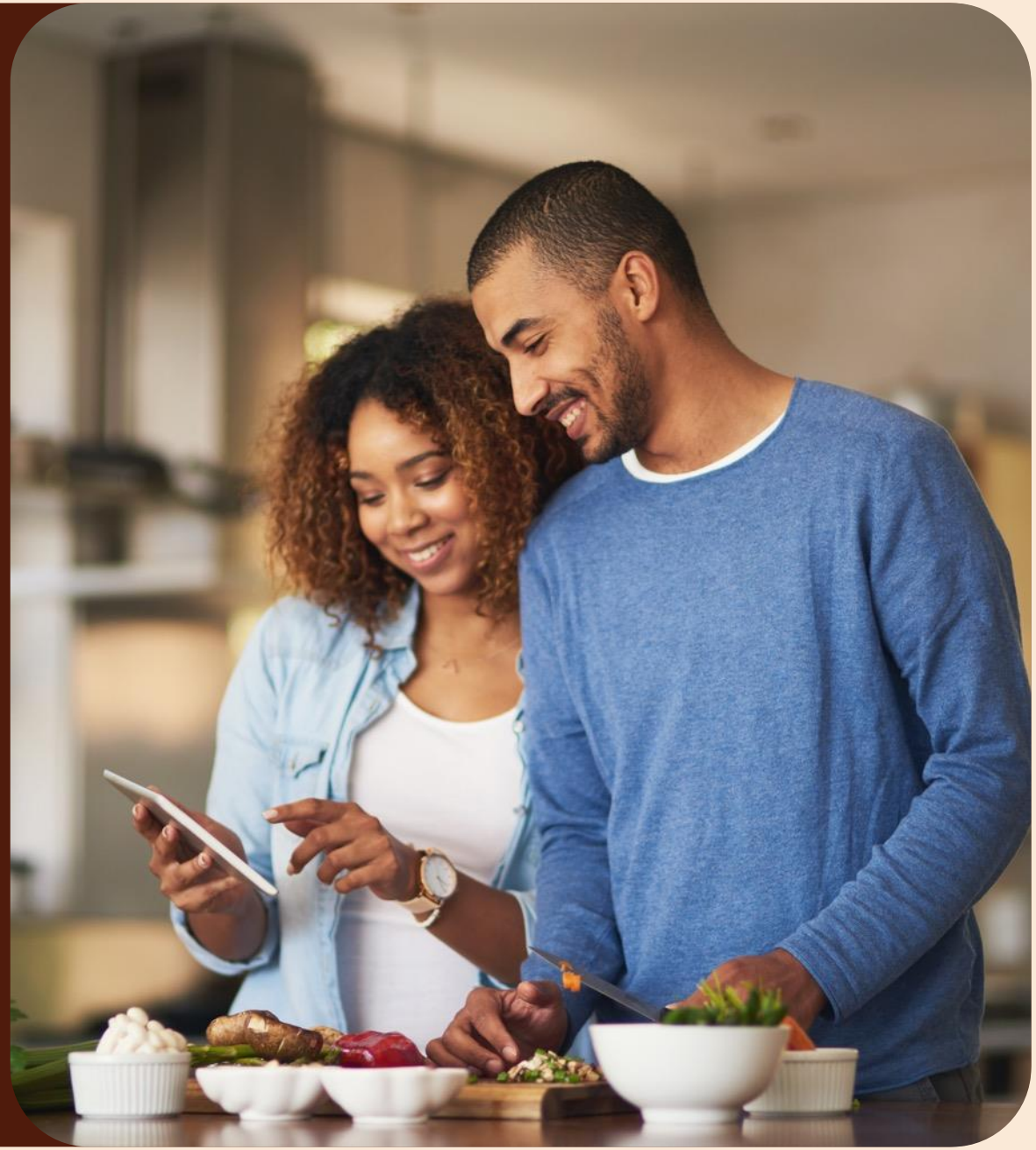
Login with your username and password

Choose a goal to get started!



Please place any questions in the chat

Web Portal Tour



Questions

✦ Thank you, Segal

Additional questions or feedback?
Contact us at

member.support@lifespeak.com



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