

Member Webinar Schedule 2026

March 2026 | Nourish to Flourish

Tuesday, March 3 | 1:00pm CT

30 Minute meals with Chef Jeremy

Menu: Shredded Chicken Enchiladas with Cilantro and Red Onion

Instructor: Chef Jeremy Reinicke

Description: Join in the fun with Launch My Health's quarterly webinars with Wellbeats. At this event we're cooking with Chef Jeremy!

Time is of the essence! This home-cooked, delicious, and simple meal will help you get food on the table while saving you time in the kitchen.

- Cook along with Chef Jeremy or sit back and watch the magic happen
- Interact! Chef Jeremy loves answering all your 'burning' cooking questions
- Before class you'll receive a shopping list and recipe

Register now to reserve your seat! All registrants will receive a video recording of the webinar and recipe.

June 2026 | The Power of Prevention

Tuesday, June 9 | 1:00pm CT

The Autoimmune Upsurge: Healing Through Nutrition

Description: Autoimmune conditions are rising, but the right nutrition can help reduce inflammation and support healing. What we'll cover:

- Dietary triggers and root causes of autoimmune disorders.
- Foods that reduce inflammation and support immunity.
- Practical meal strategies for healing and balance.

Handout: Nutrition to Manage Autoimmune Disease

September 2026 | Sleep, Stress, and Showing Up

Tuesday, September 22nd | 1:00pm CT

A-Zzzz: Nutrition + Sleep

Instructor: Megan Green, RD

Description: Join in the fun with Launch My Health's monthly Launch Lives. This month we're digging into a nutrition hot topic with Launch Registered Dietitian, Megan.

Having trouble sleeping? There are many factors that impact sleep quality, and nutrition is one of them! Move past the "no cell phone before bed" tips and find out how to optimize your diet and eating habits to help you with this critical component of health. You'll learn:

- How sleep impacts health, including metabolism
- Diet-related reasons that may be waking you up at night
- Key nutrients for good sleep + simple ways to add them to your diet
- Sleep-supporting supplements

Register now to reserve your seat! All registrants will receive a video recording of the webinar and nutrition handout with key takeaways.

Handout: Sleep + Nutrition Tips

December 2026 | More Presence, Less Pressure

Tuesday, December 8th | 1:00pm CT

Festive Apps for a Healthy Holiday Season

Menu: Chicken Pinchos (Skewers), with Lemon Aioli and Mojo Verde

Instructor: Chef Jeremy Reinicke

Description: Join in the fun with Launch My Health's quarterly webinars with Wellbeats. At this event we're cooking with Chef Jeremy!

- The season is upon us, and nothing gets the festivities rolling like beautiful and delicious dishes! Get ready to show off your skills this holiday season, with one of Chef Jeremy's all-time favorite appetizers!
- Cook along with Chef Jeremy or sit back and watch the magic happen
- Interact! Chef Jeremy loves answering all your 'burning' cooking questions
- Before class you'll receive a shopping list and recipe

Register now to reserve your seat! All registrants will receive a video recording of the webinar and recipe.

Instructors

Megan Green, RD | Director of Nutrition, Launch My Health

Megan Green is a registered dietitian with additional training through the Institute for Functional Medicine. With 12 years of experience as a dietitian, she has had the privilege of working in a variety of healthcare settings, gaining a well-rounded perspective on nutrition care. From supporting patients in acute in-patient hospital environments to providing individualized counseling in out-patient clinic settings such as cancer care, cardiac rehab, primary care and preventive wellness, Megan has collaborated closely with interdisciplinary teams to create personalized nutrition strategies.

She is passionate about helping people discover the power of food to enhance their wellbeing and prevent or manage chronic disease without losing all the enjoyment.

Whether assisting clients with learning how to eat mindfully, improve their gut or metabolic health, manage an autoimmune disease, or something else, she always brings a positive approach.

Megan loves to learn and has fun challenging herself to try new recipes—even if they don't turn out! More recently, Megan is enjoying learning how to downhill ski and golf.

Chef Jeremy Reinicke | Director of Culinary Education, Launch My Health

Chef Jeremy takes a “back to basics” approach to cooking whole fresh foods. He passionately believes whatever you eat should taste delicious, and that preparing food should be fun and relaxing. He wants to take your culinary skills to the next level and improve your health while doing it. As a classically trained chef, Jeremy knows the art of cooking but likes to keep things simple and loves to teach and celebrate his students' successes.