

# Healthy Ways to Live Your Best

## HEALTH NET'S WELLNESS WEBINARS

Join us for free wellness webinars in 2021

### Simple, convenient, for you

Sign up for one or all of our monthly 45-minute wellness webinars, and learn more about better health! Each is presented live, online and provides info on topics, like “Diabetes Prevention,” “Mindfulness” and “Pain Management.”

You can join the webinars in one of two ways:

- View them from your work station<sup>1</sup> at home or office.
- Safely gather (social distance) with co-workers in a workplace meeting room.<sup>1</sup>

Plus, you can watch any of the past webinars you may have missed by visiting [www.healthnet.com](http://www.healthnet.com).

Once you sign up, you'll get an email before each session with the topic, date and time so you can adjust your schedule.



Sign up for  
one or all of our  
45-minute  
webinars

### 2021 Wellness webinar schedule

January	Member Experience Survey & Why It's Important
February	Keep the Beat: Live Heart Healthy
March	Whole Person Self Care and Resilience
April	Good Night, Sleep Tight!
May	Mindfulness: The Art of Stillness
June	Return to the Outdoors: The Power of Nature
July	Acupressure: From Restlessness to Peace of Mind
August	Strategies to Improve Chronic Pain Management, and Prevent Opioid Misuse/Overdose
September	Beating the Winter Blues: Coughs, Colds and Flu
October	Keeping Your Lungs Healthy
November	Diabetes Prevention: Don't Sugarcoat It
December	Money Talks: Plan for Tomorrow, Today

<sup>1</sup>The worksite wellness webinars are scheduled on a monthly basis.