

Learn Healthy Ways to Live Your Best

DISCOVER HEALTH NET'S WELLNESS WEBINARS

Join us for **free** wellness webinars in 2023 – made simple and convenient for you!

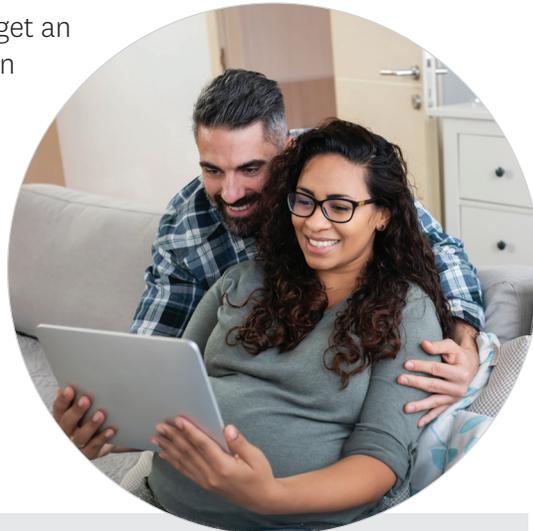
Learn more about better health. Sign up for one, or all, of our 45-minute webinars. Presented live and online, each webinar provides info on topics like heart health, how to sleep better and positive thinking.

You can join the monthly webinars in one of two ways:

- View them from your work station¹ at home or office.
- Safely gather (social distance) with co-workers in a workplace meeting room.¹

Plus, you can watch any of the past webinars you may have missed by visiting 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.



2023 Wellness webinar schedule

January	Start the year off right: Well-being tools
February	Cooking for a Healthy Heart
March	Mind Body Connection
April	Work-Life Balance
May	Mental Health – In the Wake of COVID-19
June	Eat Healthy on a Budget
July	Expand Your Well-Being Portfolio with Green Space
August	The Benefits of Acupressure
September	Micro Workouts – Working Out Efficiently
October	Take Charge of Your Health
November	Healthy Gut, Healthy You
December	Healthy Habits for Life



To sign up, visit www.healthnet.com > **Health & Wellness**
> **Health Net Wellness Webinar Series.**

¹The worksite wellness webinars are scheduled on a monthly basis.