

Learn Healthy Ways to Live Your Best

DISCOVER HEALTH NET'S WELLNESS WEBINARS

Join us for **free** wellness webinars in 2024 – made simple and convenient for you!

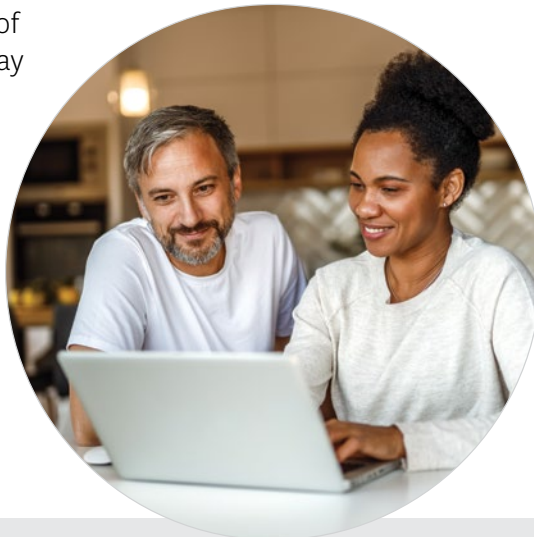
Learn more about better health. Sign up for one, or all, of our 45-minute webinars. Presented live and online, each webinar provides info on topics like heart health, how to sleep better and positive thinking.

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.



2024 Wellness webinar schedule

January	A Healthy Start to the New Year
February	Love Your Heart All Year Long
March	Intermittent Fasting & Other Nutrition Hot Topics
April	Get Stuff Done
May	Finding Joy In Good Works
June	Live Long, Live Better
July	Creating a Healthy Home
August	Rise and Shine: Sleep Health
September	Understanding Burnout
October	Financial Well-being
November	Loneliness & Your Health
December	Ease Your Mind with Nature

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

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

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