

You're Invited to a Wellness Webinar!

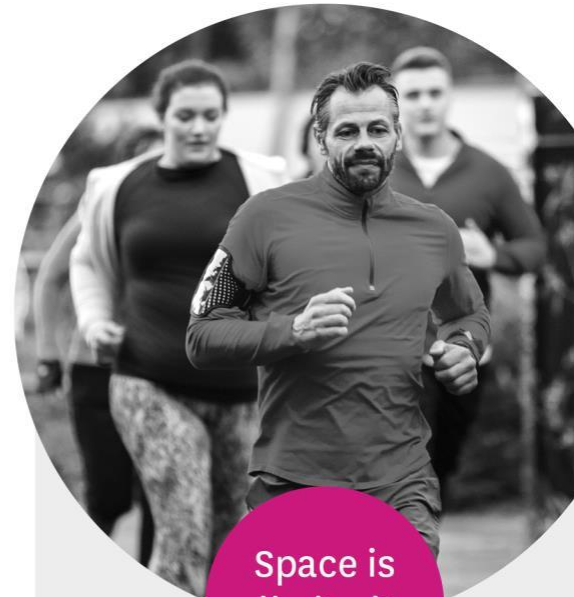
December Topic: The Gift of Health

Your health is your responsibility. When you treat your body well, you give yourself a valuable gift. To get – and stay – healthy is an ongoing process, though. It is a decision to care for your body at every age. But it is also about how you care for your mind and spirit. It all starts with knowing what to do to be kind to your whole self. Think in terms of how to:

- Eat healthful foods.
- Pick an exercise routine you enjoy.
- Kick bad habits like excess drinking and smoking.
- Find ways to manage stress – see a therapist and meditate.
- Take time for your loved ones and hobbies.

Pick the things that ease your mind and help you feel happy. When you do them, your body and mind will thank you.

In this webinar, we'll revisit the wellness webinar topics we covered this year with a quick review of each. Think of it as a beautifully wrapped gift tied with a bow just for you. Topics include: heart health, back care, sleep, self-care, metabolism, brain health, positivity, immune system, diabetes, and gratitude.



Space is
limited!

Sign-up today!

Date: Wednesday, December 21, 2022

Time: 12:00 p.m. – 12:45 p.m.
Pacific Time

Location: Online
Webinar/Teleconference

RSVP:

https://centene.zoom.us/webinar/register/WN_2jkIF7EwS365KcgTQrHZpw