

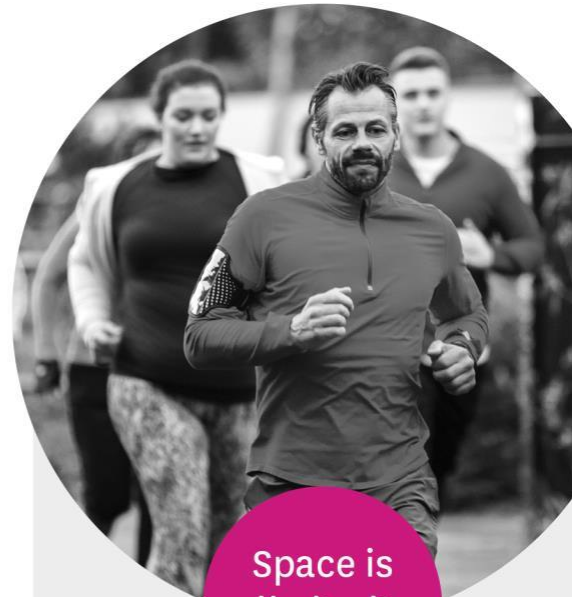
# You're Invited to a Wellness Webinar!

January Topic: Start the year off right:

Well-being tool

Welcome to 2023! You've made it through the holidays and now you may be thinking about a fresh start. Are you considering some new health goals or how to get back on track if the holiday season derailed your progress?

Because staying healthy is just as important as getting better. Join us for Health Net's January wellness webinar aimed at wellness programs and tools that can help you focus on staying fit, make health care choices, manage chronic conditions and more! We'll guide you through common wellness tools offered through your health plan such as health coaching, health assessment, health promotion programs, tobacco cessation programs, health challenges, tips on where to seek care, and we'll look at preventive health guidelines which can help give you a healthy start to the new year.



Space is  
limited!

*Sign-up today!*

**Date:** Wednesday, January 18, 2023

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

**Location:** Online  
Webinar/Teleconference

**RSVP:**

[https://centene.zoom.us/webinar/register/WN\\_mXRdbeafS\\_Wm3v8p8KqUXTQ](https://centene.zoom.us/webinar/register/WN_mXRdbeafS_Wm3v8p8KqUXTQ)

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