

You're Invited to a Wellness Webinar!

February Topic: Cooking for a Healthy Heart

What does it mean to eat a heart healthy diet or meal? In this webinar, we'll explore the one of the best ways to keep your heart healthy – eating foods that are good for your heart. We'll identify specific foods, give you shopping and meal prep tips, watch a few cooking demonstrations that show you just how easy it is to prepare heart healthy foods, provide you with tips on including more heart health foods at every meal, and ways to managing cooking for one and the ever-challenging dining out.



Space is
limited!

Sign-up today!

Date: Wednesday, February 15, 2023

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

Location: Online Webinar/Teleconference

RSVP:

https://centene.zoom.us/webinar/register/WN_HZYr9uhaR0WNrDCBwJ_TWQ

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