

# You're Invited to a Wellness Webinar!

## July Topic: Expand Your Well-being Portfolio with Green Space

Our increasing reliance on technology, combined with a global trend toward urban living, means many of us are spending ever less time outdoors. There a large body of research is documenting the positive impacts of nature on human flourishing—our social, psychological, and emotional life. Being in nature, living near nature, or even viewing nature in paintings and videos can have positive impacts on our brains, bodies, feelings, thought processes, and social interactions.



Space is limited!

*Sign-up today!*

**Date:** July 19, 2023

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

**Location:** Online  
Webinar/Teleconference

**RSVP:**

[https://centene.zoom.us/webinar/register/WN\\_v-KJwZEFSUGXZq&vOmrO8g](https://centene.zoom.us/webinar/register/WN_v-KJwZEFSUGXZq&vOmrO8g)

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