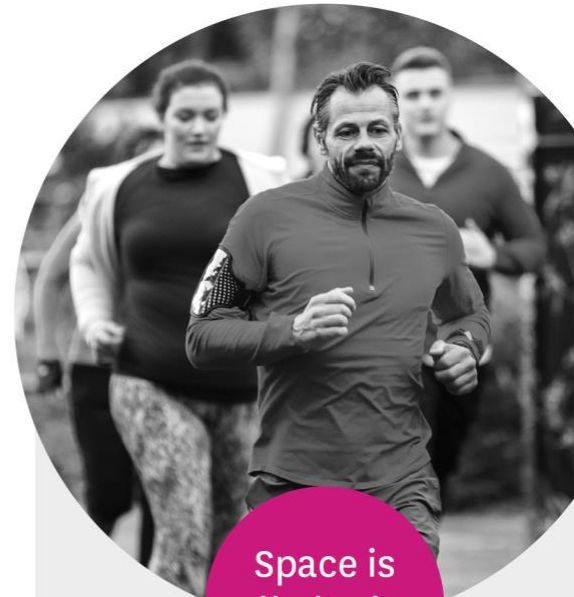


# You're Invited to a Wellness Webinar!

## October Topic: Take Charge of Your Health

How do we take charge of our health? Eat right. Exercise. Get enough sleep. Healthy living includes those recommendations and more. It's about putting our personal wellness first. Being proactive takes a little work, but the rewards are priceless. In this webinar, we'll discuss healthy living, creating healthy routines, preventive care, self-care, and well-being programs that can assist you in your journey of health.



Space is  
limited!

*Sign-up today!*

**Date:** October 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\\_ppkqaL-fR2W17-UQv05FSg](https://centene.zoom.us/webinar/register/WN_ppkqaL-fR2W17-UQv05FSg)

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