

You're Invited to a Wellness Webinar!

December Topic: Healthy Habits for Life

“Healthy habits are learned in the same way as unhealthy ones – through practice” – Wayne Dyer.

In this webinar we'll:

- Identify healthy habits for your body
- Learn how habits are formed
- Look at ways to make healthy habits part of our lifestyle
- Practical tips for creating and maintaining healthy habits



Space is
limited!

Sign-up today!

Date: December 13, 2023

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

Location: Online
Webinar/Teleconference

RSVP:

https://centene.zoom.us/webinar/register/WN_tzrfd3pLSP22akt99DwIBQ

Health Net of California, Inc. is a subsidiary of Health Net, LLC. Health Net is registered service mark of Health Net, LLC. All rights reserved.

FLY57081EW01w (1/21)