

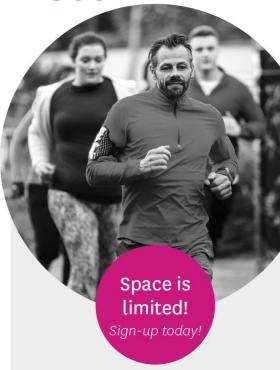
You're Invited to a Wellness Webinar!

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



Date: December 13, 2023

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

Location: Online Webinar/Teleconference

RSVP:

https://centene.zoom.us/webi nar/register/WN tzrfD3pLSP22 akt99DwIBQ

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