

You're Invited to a Wellness Webinar!

January Topic: Love Your Heart All Year Long

Join our "Love Your Heart All Year Long" webinar, a comprehensive event designed to equip you with practical skills for year-round heart health. Learn cooking tips, including quick demos and healthy plate ideas, discover the importance of heart-healthy fats, and get insight into creating healthy eating patterns. Explore heart-healthy recipes, fresh herb usage, and slow cooker meal planning.

We'll also cover smart shopping along with heart-healthy habits. Learn about heart-healthy screenings, fitness tips, weight management, and get valuable sleep advice. Lastly, understand the significance of your heart health numbers.

Join us on this journey to a healthier heart.



Space is
limited!

Sign-up today!

Date: February 21, 2024

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

Location: Online
Webinar/Teleconference

RSVP:

https://centene.zoom.us/webinar/register/WN_zMLjunmWRlajtbPR6tdEA

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