

You're Invited to a Wellness

Webinar!

July Topic: Live Long, Live Better

Did you know that when you create a healthy home environment you are also helping to improve and support your mental wellbeing? We'll explain how in our July wellness webinar, <u>Creating a Healthy Home</u>. During the webinar you'll learn how you can:

- Bring nature inside
- Detox your home
- Enhance (and benefit from) natural light

And much more!

Creating a Healthy Home will be held on Wednesday, July 17, 2024, from noon to 12:45 p.m. Pacific time.



Date: July 17, 2024

Time: 12:00 p.m. – 12:45 p.m.

Pacific Time

Location: Online

Webinar/Teleconference

RSVP:

https://centene.zoom.us/web inar/register/WN_bsqZGcIGRk iz18rSIFTYdg

 $\label{thmost} \mbox{Health Net of California, Inc. is a subsidiary of Health Net, LLC. Health Net is registered service mark of Health Net, LLC. All rights reserved.}$

FLY57081EW01w (1/21)