

You're Invited to a Wellness Webinar!

August Topic: Rise and Shine: Sleep Health

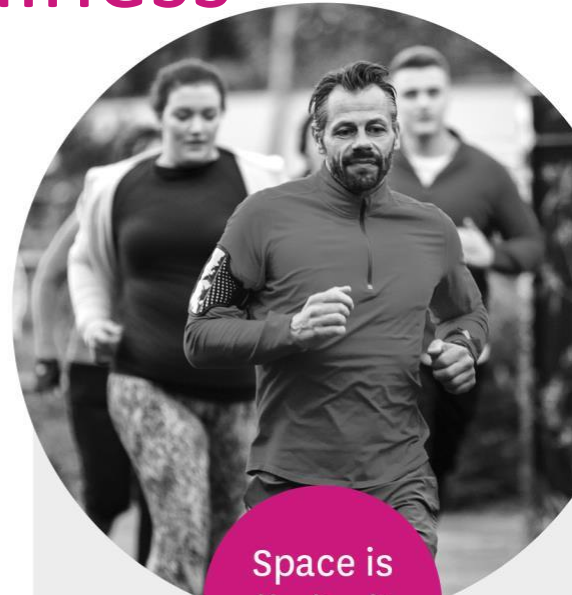
Get ready for our August webinar, [Rise and Shine: Sleep Health](#), where we'll dig into the importance of getting quality sleep.

Learn the importance of having a healthy bedtime routine, and how to beat the common challenges that can limit long restful sleep.

We'll explore:

- Why sleep matters
- Results of poor sleep
- Ways to create a sleep-friendly setting

Rise and Shine: Sleep Health will be held on Wednesday, August 21, 2024, from noon to 12:45 p.m. Pacific time (PT). Don't miss out on this insightful webinar aimed at enhancing your overall well-being through better sleep habits.



Space is limited!

Sign-up today!

Date: August 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_xVV1Z-8SROJLUx_XIVTOg

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)