

# Learn Healthy Ways to Live Your Best

## DISCOVER HEALTH NET'S WELLNESS WEBINARS

Join us for **free** wellness webinars in 2024 – made simple and convenient for you!

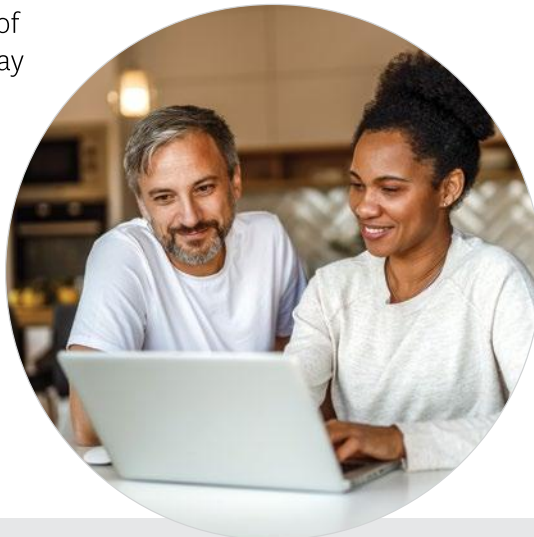
Learn more about better health. Sign up for one, or all, of our 45-minute webinars. Presented live and online, each webinar provides info on topics like heart health, how to sleep better and positive thinking.

You can join the monthly webinars in one of two ways:

- View them from your work station<sup>1</sup> at home or office.
- Safely gather (social distance) with co-workers in a workplace meeting room.<sup>1</sup>

Plus, you can watch any of the past webinars you may have missed by visiting [www.healthnet.com](http://www.healthnet.com).

Once you sign up, you'll get an email before each session with the topic, date and time so you can adjust your schedule.



### 2024 Wellness webinar schedule

|           |   |
|-----------|---|
| January   | A Healthy Start to the New Year                   |
| February  | Love Your Heart All Year Long                     |
| March     | Intermittent Fasting & Other Nutrition Hot Topics |
| April     | Get Stuff Done                                    |
| May       | Finding Joy In Good Works                         |
| June      | Live Long, Live Better                            |
| July      | Creating a Healthy Home                           |
| August    | Rise and Shine: Sleep Health                      |
| September | Understanding Burnout                             |
| October   | Financial Well-being                              |
| November  | Loneliness & Your Health                          |
| December  | Ease Your Mind with Nature                        |

 To sign up, visit [www.healthnet.com](http://www.healthnet.com) > **Health & Wellness** > **Health Net Wellness Webinar Series.**

<sup>1</sup>The worksite wellness webinars are scheduled on a monthly basis.

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