



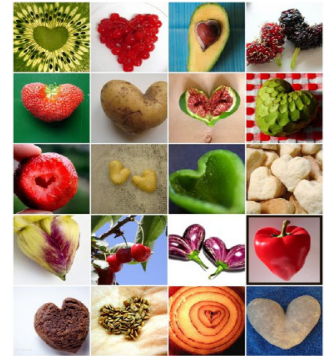
Teaching Tuesdays! Tune in for....

Heart Healthy Nutrition

Find out ways to help reduce risk factors such as high blood pressure, high cholesterol and excess body weight, as well as what foods to include in your diet for heart health.

Join us on one the following dates and times:

- February 1st • 4:00p-5:00p CT
- February 8th • 11:00a-12:00p CT
- February 15th • 5:15p-6:15p CT
- February 22nd • 4:00p-5:00p CT



What's the Key to a Healthy Heart?

Learn about the controllable risk factors for heart disease and stroke.



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- February 15th • 4:00p-5:00p CT
- February 22nd • 11:00a-12:00p CT

Progressive Relaxation

Is your body feeling the effects of your stress level? Take 20 minutes to unwind during this experiential webinar.

To learn tools for effective relaxation, join this webinar on one of the following dates and times:

- February 1st • 5:15p-6:15p CT
- February 8th • 4:00p-5:00p CT
- February 15th • 11:00a-12:00p CT
- February 22nd • 5:15p-6:15p CT



How to register:

To register for any of the webinars, please go to www.carehere.com and log on with your user name and password. Click on Wellness Registration (Jan-Mar) on the green navigation bar. This will pull up an enrollment form, where you may register for this program. Fill out the form to register and click done. Information on how to join the webinar will be sent to you after you register.

You may also call 877-423-1330 to register.

CareHere!

If you are unable to view any of the webinars at the scheduled times, you may request a recorded version by e-mailing recordings@carehere.com.

***Please note: All webinars and programs must be completed outside of work hours.**