

CareHere!®

Strategies For Surviving Allergy Season

Rutherford County and CareHere

presents

Strategies For Surviving Allergy Season

Participants in this educational program will watch a presentation on an overview of allergies, avoidance measures, learn how to use a nasal wash device, receive a recipe for making salt water solution and be provided a referral to a health coach.

A nasal wash device is used to rinse the nose and wash out pollen which is lodged in the nasal canal and prevents allergic type symptoms. The regular use of this device often decreases the need for allergy medications and provides significant symptom relief.

Join us on April 5th to learn more!

11:30-12:30 CST/12:30-1:30p EST or
5:30-6:30p CST/6:30-7:30p EST
Location: Webinar

***Please note: Participants MAY NOT join webinars during work hours.
All webinars and programs are to be completed outside of work hours.**

Please go to www.carehere.com to register and log on with your user name and password. Click on Wellness Registration 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.

If you have questions, please contact CareHereHealth Coach, Jackie Bradshaw by email at jbradshaw@carehere.com or call 615-866-0586.