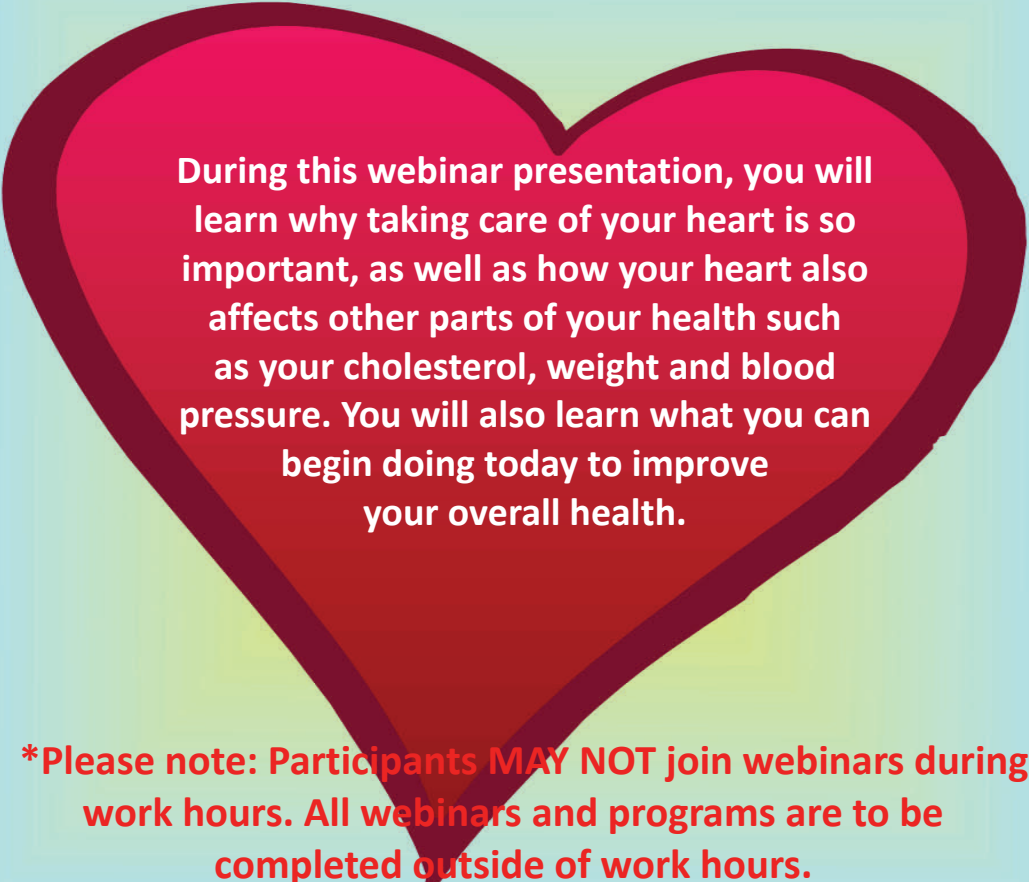


What's the Key To a Healthy Heart?



During this webinar presentation, you will learn why taking care of your heart is so important, as well as how your heart also affects other parts of your health such as your cholesterol, weight and blood pressure. You will also learn what you can begin doing today to improve your overall health.

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

Monday, May 17th
11:30-12:30p CDT / 5:30-6:30 CDT
12:30-1:30p EDT / 6:30-7:30 EDT
Webinar

Please go to www.carehere.com to register and log on with your user name and password. Click on Wellness Registration (April-June) 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 regarding this webinar, you may contact CareHere Health Coach, Tracy Thompson, RN at tthompson@carehere.com or call 615-866-0587 or toll free at 877-866-6430 ext. 0587.

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