

# You're Invited To A Wellness Webinar!

September Topic:

## Beating the Winter Blues: Coughs, Colds and Flu

Moving from summer through fall and into winter, it's important to keep your mental and physical health in top form. This is all the more important as the weather changes and the cold and flu season takes hold.

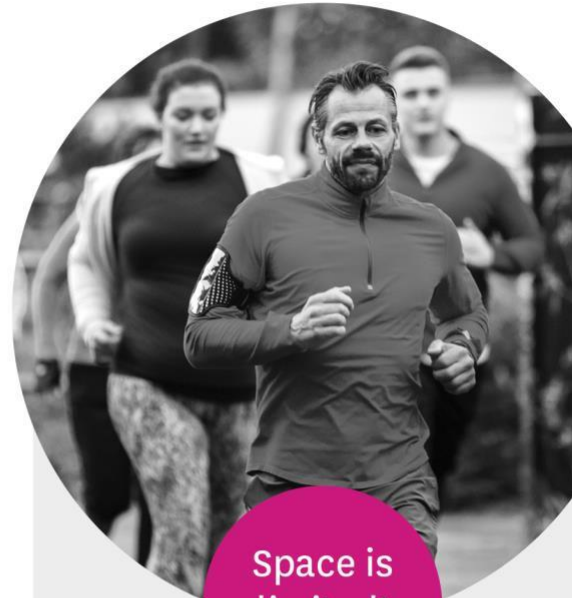
The winter months can be a very stressful time. Family events, parties and holiday shopping can take their toll on your nerves. Life events can be magnified during the holiday season. And as winter days are shorter, it can be harder to keep active. That's the time to make an exercise plan for cold and rainy days when it's tempting to just curl up under the covers.

To help you prepare for the twists and turns of winter, this webinar will provide tips to help you stay healthy even when the weather isn't so nice outside. It will explore:

- How to start building a winter exercise routine.
- Preparing to beat the holiday blues that will soon approach us.
- Healthy eating strategies.
- Ways to prevent, detect and treat colds and flu.

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)



Space is  
limited!

*Sign-up today!*

**Date:** Wednesday,  
September 15, 2021

**Time:** 12:00 p.m. – 12:45 p.m.  
Pacific Time

**Location:** Online  
Webinar/Teleconference

**RSVP:**

[https://centene.zoom.us/webinar/register/WN\\_v9hxBzbOQY\\_u81nIHvPf57g](https://centene.zoom.us/webinar/register/WN_v9hxBzbOQY_u81nIHvPf57g)