You’re Invited To A Wellness Webinar!

February Topic:

Heart Health by the Numbers

In celebration of Heart Health month, Health Net presents “Heart Health by the Numbers”. Cardiovascular disease kills more Americans each year than any other disease. It’s important to maintain good heart health all year long. This webinar will discuss heart disease risk factors with an emphasis on risks that contribute to heart disease as well as risk factors that can be modified with lifestyle changes.

When it comes to heart disease risk, making small lifestyle changes add up to a big difference in reducing disease risk, not only for heart health but reduce risk of other chronic conditions like high blood pressure, diabetes, high cholesterol and help maintain a healthy weight and manage stress. Other topics covered in this webinar include: complications of heart disease, ways to keep your ticker in tip top shape and important heart health “numbers” to know.

Date: Wednesday, February 16, 2022

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

Location: Online Webinar/Teleconference

RSVP: https://centene.zoom.us/webinar/register/WN_rU1HvcAHRPKBXNuLBkN1DA