

Carebridge Webinar

Establishing Healthy Lifestyles



It's up to you! This motivating and informative training will help participants learn ways to improve their overall sense of well-being. Topics related to healthy eating, fitness and the connection between stress and health will be included. Did you know positive attitudes and healthy habits can help to reduce stress? Learn techniques you can use to take steps towards establishing a healthy lifestyle especially important during a pandemic.

Date/Time:

Tuesday, April 14, 2020
12:00pm – 1:00pm ET

Click to Register:

https://carebridge.zoom.us/webinar/register/WN_YO4KXt71RNCHkEqGitMotg

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Contact Carebridge at **800.437.0911** or visit **www.myliferesource.com** for more information!

