



# Join us for a Wellness Webinar

## Happiness Hacks

**Wednesday, July 14th, 11am-11:30am**

The happiest people have skills to insulate them from poor emotional health outcomes. This seminar teaches you resilience tools and hacks for maintaining happiness.

**Pre-register here!**

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## Sun Safety

**Wednesday, August 18th, 11am-11:30am**

Skin cancer is the leading cancer in the United States. This provider-led webinar highlights the importance of sun safety and the signs to look for if you suspect skin cancer.

**Pre-register here!**

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## Know Your Numbers

**Wednesday, September 15th, 11am-11:30am**

Blood pressure. Total Cholesterol. A1C. Ever wonder what these numbers mean when you complete lab work? These numbers play a vital role in your health and knowing them can improve your life.

**Pre-register here!**

