

# VIRTUAL WELLNESS WEDNESDAYS

1:00pm – 2:00pm



Join in for an online educational topic each week! View the presentation on your computer by clicking the link below, and follow the instructions. Or call in, 213.533.9530 and enter the conference ID number.

Title	Date	Link	Conference ID
Hypertension	October 7	<a href="#">Join Microsoft Teams Meeting</a>	525 978 551#
Medicare 101	October 14	<a href="#">Join Microsoft Teams Meeting</a>	624 500 820#
Diabetes Prevention	October 21	<a href="#">Join Microsoft Teams Meeting</a>	720 719 98#
Boo Virtual Bingo	October 28	<a href="#">Register Virtual Bingo</a>	

## For more information:

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*This event is only for educational purposes and no plan-specific benefits or details will be shared.*

