

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 |
|---------------------|--------------|--|---------------|
| Coffee and Chat | September 16 | Join Microsoft Teams Meeting | 850 691 386# |
| Virtual Bingo | September 23 | Join Virtual Bingo | 962 873 121# |
| Diabetes Prevention | September 30 | Join Microsoft Teams Meeting | 254 461 507# |
| Hypertension | October 7 | Join Microsoft Teams Meeting | 525 978 551# |

For more information:

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

