

UHC Wellness Webinars for September 2022:

Brought to you by your United Healthcare Onsite Team
(These wellness classes do apply to your Wellness Incentives)

What's the Skinny on Cholesterol?

Wednesday 9/14/2022, 12 – 1PM

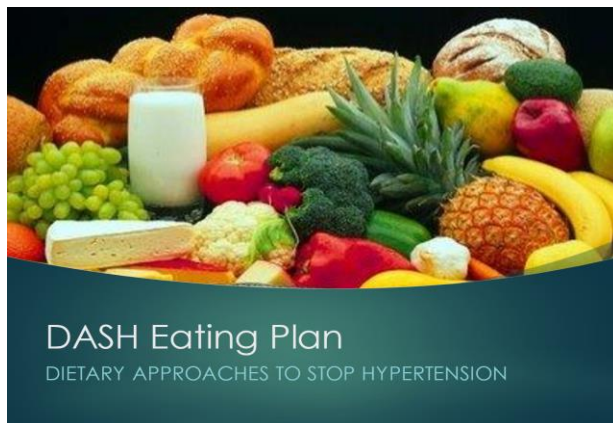


What is cholesterol and how is it used? Are my cholesterol numbers OK? How can I make more “good” and less “bad” cholesterol? Learn these answers and more during this fun, informative webinar!

Scan with your cell phone camera to register for
What's the Skinny on Cholesterol??

The DASH Eating Plan

Wednesday 9/21/2022, 12 – 1PM



What is the DASH Eating Plan, anyway? And what exactly are the health benefits of eating this way? Is hard to stick to? Can I still have sugar and salt? Check this out; you might be surprised at the answers!

Scan with your cell phone camera to register for
The Dash Eating Plan