

April 2023 Wellness Webinars

These presentations **DO** count toward your wellness incentives



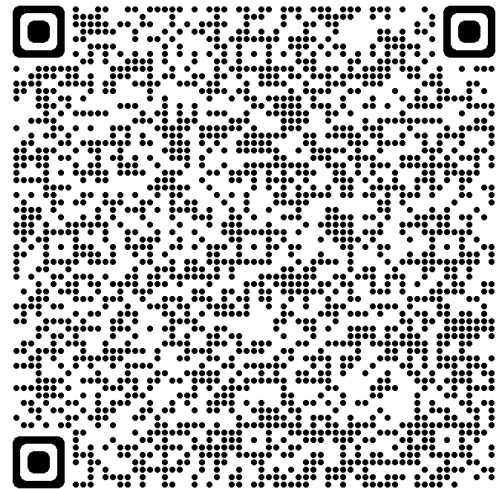
Back to Basics

Wed April 12, 2023 – 12 to 1 PM



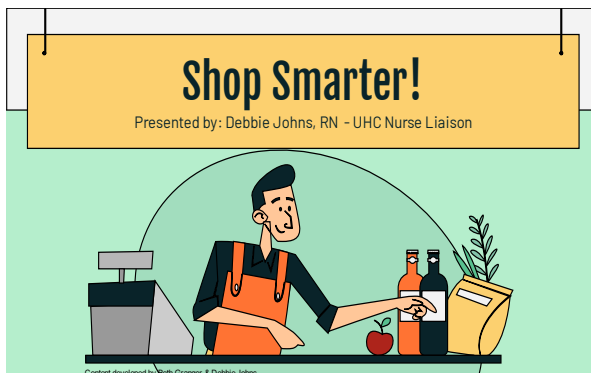
- Understand the anatomy of your back and spine
- Identify common causes of back pain
- Learn strategies for maintaining back health

To register scan the QR code:



Shop Smarter!

Wed April 19, 2023 – 12 to 1 PM



- “Healthy” vs. “Expensive”
- Help with meal planning
- Navigating the supermarket aisles

To register scan the QR code:



Questions? Contact Nurse Debbie: COTNurse@uhc.com, (813) 482-4856