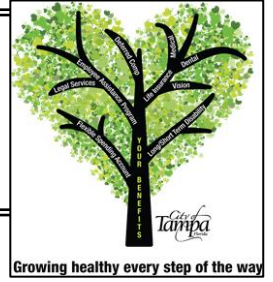


# July 2023 Wellness Webinar

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



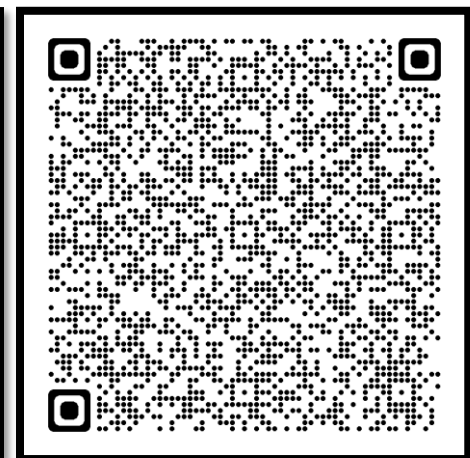
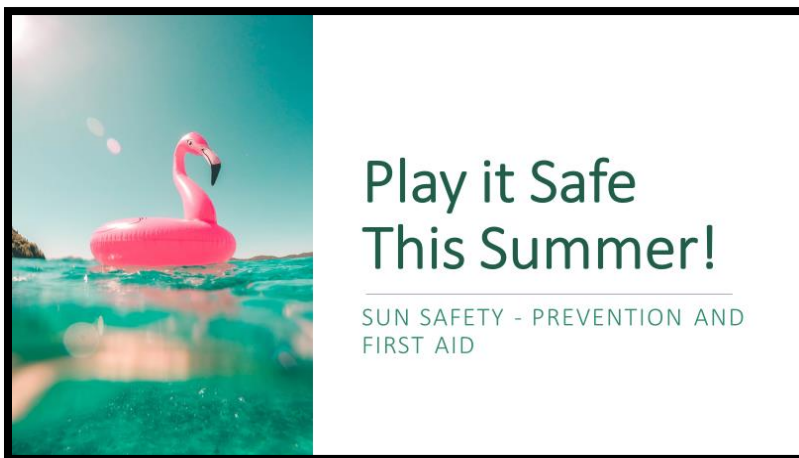
## Healthy Eating on the Go! Wed, July 12, 2023 – 12 to 1PM



Eating healthy on the go is a lot easier than you might think! With a little bit of planning, you can eat out just about anywhere and still find good-for-you options that taste great!

To register scan the QR code or go to [www.tampa.gov](http://www.tampa.gov) and search for “Benefits Calendar”

## Play it Safe This Summer! Wed, July 19, 2023 – 12 to 1PM



Some like it hot –hot- hot! So, let’s review some basic prevention and first aid strategies to help you play it safe while having your Summer fun!

To register scan the QR code or go to [www.tampa.gov](http://www.tampa.gov) and search for “Benefits Calendar”

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