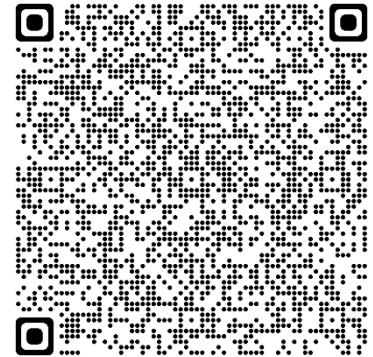


October 2023 Wellness Webinars



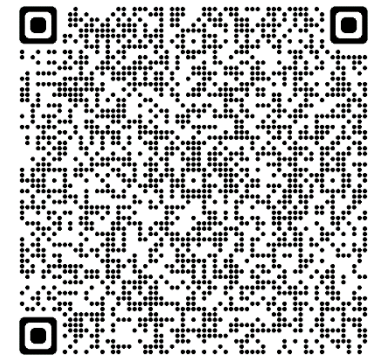
To register: scan this QR code or click the link below if you are viewing electronically.

How to be a Quitter

Wed 10/11/23 – 12:00-1:00PM

Registration Link: [How to be a Quitter Registration](#)

Did you know tobacco use is the single largest cause of preventable death and disease in the US? After you watch this webinar, you'll understand why nicotine is so addictive and learn about resources that can help you overcome your nicotine habit and be a Quitter!



To register: scan this QR code or click the link below if you are viewing electronically.

The Basic 8

Wed 10/25 - 12-1PM

Registration Link: [Basic 8 Registration](#)

If you have been diagnosed with a chronic health condition, like heart disease or diabetes, you might be feeling overwhelmed trying to get a handle on managing your health. **The Basic 8** is a list of healthy behaviors and actions that may help you simplify your self-care and keep your chronic health condition under good control.

Remember: "Success is the sum of small changes repeated day by day."