



## Wellness Wednesday Webinars

Join the CareFirst Wellness & Disease Management team once a month on Wednesdays to learn more about the monthly health observance topic. Register or watch this quarter's webinars below.

### **January 8, 2025: Start Strong, Stay Healthy**

Start the new year off right by focusing on simple, sustainable habits that support your health. Join us to learn strategies for building routines that promote well-being in all areas of your life. Let's make this your healthiest year yet!

### **February 5, 2025: What Your Heart Wants**

Learn essential tips for maintaining a healthy heart. From knowing your numbers to improving your diet, we'll cover practical ways to protect your cardiovascular health all year round.

### **March 5, 2025: Food is Fuel**

Your body needs the right fuel to perform its best. Join us to discuss how to power up with the right foods, boost your energy, and support your health goals. What's fueling you?



[Register for an  
upcoming webinar](#)

[Watch a past  
wellness webinar](#)

