



FEBRUARY WELLNESS OPPORTUNITIES: HEART HEALTH 2023



February 14
Fitness Connect
Community: Improving
& Maintaining Heart
Health
10:00 – 10:15 a.m. CT
[Registration Link](#)



February 15
Journey to Wellness:
HealthSelect
Wellness Benefits
Overview
10:00 – 10:45 a.m. CT
[Registration Link](#)



February 16
Life's Essential 8 with
Dr. Eduardo Sanchez,
CMO, American
Heart Association.
10:00 – 11:00 a.m. CT
[Registration Link](#)



February 28
Nutrition Connect
Community: Feed Your
Heart, the Health
Plate
10:00 – 10:15 a.m. CT
[Registration Link](#)



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