



# Well-being webinar series

## Balance the weight for a healthier you!

Everside Health will be hosting a 4-part virtual weight management series, where we will explore the leading techniques that can help you manage your weight.

Join us every  
**Monday at 1 p.m. ET**  
January 30, February 6, 13, and 20

Scan and register for  
the webinar today!



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HEALTH™