



ONLINE SEMINAR

Get Out and Get Moving!

When you look back on this summer will you fondly remember all those hours you spent on the computer? No! Learn ideas on how to get outside for a great – and memorable – time this summer.

Participate in this online seminar anytime 24/7. Log in at ***HealthPlus.org/HealthierU***, then click “Monthly Seminars” from the left navigation.

