

HP Living Well at Home/ MMHG Wellness FREE Webinar

Choosing the Right Footwear for Sports and Activities



Wednesday, June 5th

1:00– 1:30 p.m.

Attend this FREE webinar from your computer, tablet, or smartphone!

Choosing the proper footwear for sports and physical activities is important not only for comfort but also can impact performance and prevent injury. This program will explore which footwear is recommended for various physical activities.

No need to register in advance. Join the virtual workshop by clicking on the “Join this Session” link for the webinar at the Harvard Pilgrim Living Well at Home with Virtual Classes Website on 6/5 at 1:00 PM

<https://www.harvardpilgrim.org/myoptions/living-well-at-home-with-virtual-wellness-classes/>

You will be able to access this webinar immediately if you have Zoom downloaded on your device. If you have not downloaded Zoom, this link will take you to Zoom’s home page to download this tool.

This webinar is free and open to all.

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