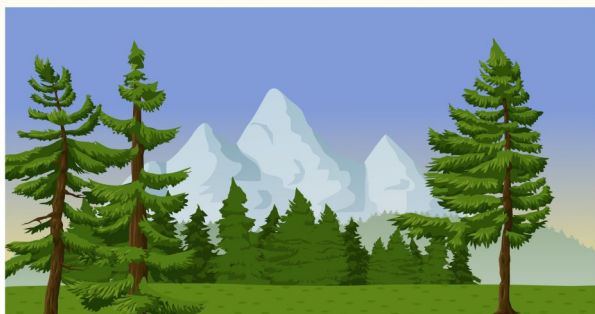


HP Living Well at Home/ MMHG Wellness FREE Webinar

# Go Outside and Explore!



**Wednesday, April 24th**

**1:00– 1:30 p.m.**

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

Spring is here, and we finally get to spend time outside! You know you feel better when you spend time outside, and more and more research is supporting this idea. In this webinar, we'll talk about ideas for some fun adventures for the spring!

**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 4/24 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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