

HP Living Well at Home/ MMHG Wellness FREE Webinar

Step into Spring

Wednesday, April 3rd

1:00– 1:30 p.m.

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



Spring is the season of fresh starts, hope, flowers and renewal. As we are all emerging from a long winter, this webinar will focus on how we can fully embrace the spring season! We'll discuss ideas such as new ways to enjoy spring fruits and vegetables, tips on spring cleaning and more!

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 4/3 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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