



## Aetna Health and Well-being Series

**Join us each month as our regional team of wellness consultants present on a variety of health and well-being topics.**

We will have a new topic each quarter with multiple opportunities within the quarter to attend. The sessions will last 30 minutes, with 15 minutes at the end for Q & A, up to 45 minutes total. These presentations are open to all employees, not just Aetna medical members. We will be sending out registration details that you can pass along to your employees as the events get closer. Please save the dates below:

### **Quarter 1— Healthy Intentions**

- Friday, January 19<sup>th</sup> at 10am CST
- Friday, February 16<sup>th</sup> at 12pm CST
- Friday, March 15<sup>th</sup> at 2pm CST

### **Quarter 2— Men's Health**

- Friday, April 19<sup>th</sup> at 10am CST
- Friday, May 17<sup>th</sup> at 12pm CST
- Friday, June 21<sup>st</sup> at 2pm CST

### **Quarter 3— Caregiving**

- Friday, July 19<sup>th</sup> at 10am CST
- Friday, August 16<sup>th</sup> at 12pm CST
- Friday, September 20<sup>th</sup> at 2pm CST

### **Quarter 4— Holiday Stress**

- Friday, October 18<sup>th</sup> at 10am CST
- Friday, November 15<sup>th</sup> at 12pm CST
- Friday, December 13<sup>th</sup> at 2pm CST