

## Join us for a Wellness Webinar

### Covid-19 Vaccine Informational

**Wednesday, October 6th, 2pm-2:30pm**

The Covid-19 pandemic dramatically changed the way we live our day-to-day lives, but the development of new vaccines has allowed increased confidence that life can return to "normal". Please join us for a provider-led webinar to get facts about the vaccines and have your questions answered.

**Pre-register here!**

---

### Diabetes Education Panel 2.0

**Wednesday, November 3rd, 11am-noon**

Please plan to join us for a unique diabetes education opportunity. We will have BSWH specialists answering questions about diabetes care, treatment, and management. If you or a family member have questions, we've got answers!

**Pre-register here!**

---

### Holiday Hacks

**Wednesday, December 8th, 11am-11:30am**

The thought of connecting with family and friends to celebrate the holiday season brings joy to many, but it can be a source of anxiety some. Our wellness advisor will share a few "hacks" to help you make it through the holidays with ease.

**Pre-register here!**

