

# Preventive Care Series

Join us for a 3-month Preventive Care Series provided by Cigna Healthcare. Learn the ins and outs of preventive care and why it matters!

## July

### Preventive Care & Physical Health Webinar | July 9<sup>th</sup> 12:30-1:00PM

Learn simple ways to incorporate physical activity into your life, as well as understand preventive actions to develop and build healthy habits.



### Summer Safety Webinar July 23<sup>rd</sup> 12:30-1:00PM

Summer. It's all about fresh air, sunshine and the great outdoors. Tune in for 6 simple tips to play it safe all summer long!



## August

### Know Your Numbers Webinar August 6<sup>th</sup> 12:30-1PM

Understand the importance of BMI, Blood Pressure, Waist Circumference, Cholesterol and Glucose and ways to manage a healthy level of each.



### How Your Environment Affects your Health Webinar Aug. 20<sup>th</sup> 12:30-1PM

Discover how your natural and built environments affect your health and how your habits and lifestyle affect the environment.



## September

### Cancer Awareness Webinar Sept. 10<sup>th</sup> 12:30-1PM

A look into Cancer Awareness and Prevention, specifically looking at Colon, Breast, and Lung Cancer with tips for Caregiving.



### MDLIVE Virtual Care Webinar Sept. 24<sup>th</sup> 12:30-1PM

A break down of your virtual care options through MDLIVE with a guided walk through on how to schedule an MDLIVE appointment on MyCigna.



For more information:

[Rutherfordcountyttn.gov/wellnessnews](https://www.rutherfordcountyttn.gov/wellnessnews)