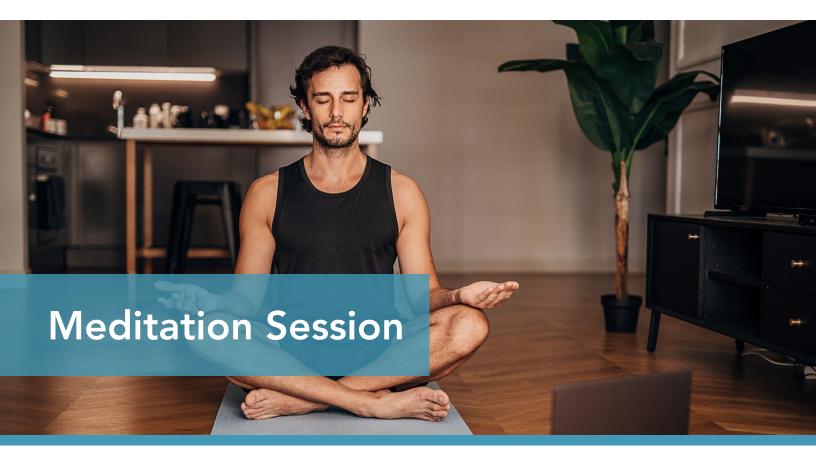


## HorizonBlue.com/shbp



Learn how to calm the mind to reduce stress in this relaxing webinar with Health Educator Rachel Lendner. **Meditation Session** 

Tuesday, April 4

12 p.m. - 1 p.m.

**Register Now** 

Space is limited.

Questions? Member Services Has the Answers. Call 1-800-414-SHBP (7427).

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