

# Wellness Webinar

## Your Gut: The Key to Your Health



### Your gut may be more important than you think.

Your digestive system is prone to its own ailments, and it also can be linked to seemingly unrelated chronic conditions. In our next webinar, we'll cover why your gut is important, and its relationship to your overall health. We'll also cover the differences between common gastrointestinal conditions so if you have symptoms, you can have a more informed discussion with your doctor.

#### [Register now](#) for this webinar.

This webinar series is specifically designed for our corporate group members, so we require that participants register with a corporate email address. Once we receive your registration, you will receive a confirmation email with instructions on how to join the webinar. Space is limited.

*If you are not able to access the registration link above, please copy and paste this address into your browser:*

<https://horizonsalestraining.webex.com/horizonsalestraining/onstage/g.php?MTID=eb63f03e8aa4af402b0012b6324ea714f>

**Our Wellness Webinars are for general informational purposes. Horizon BCBSNJ wants to help you get the information you need to manage your health. Talk with your doctor about specific questions you may have about your health and before starting any new diet or exercise program.**

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Wellness Webinar  
Your Gut:  
The Key to Your Health  
July 10, 2019  
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