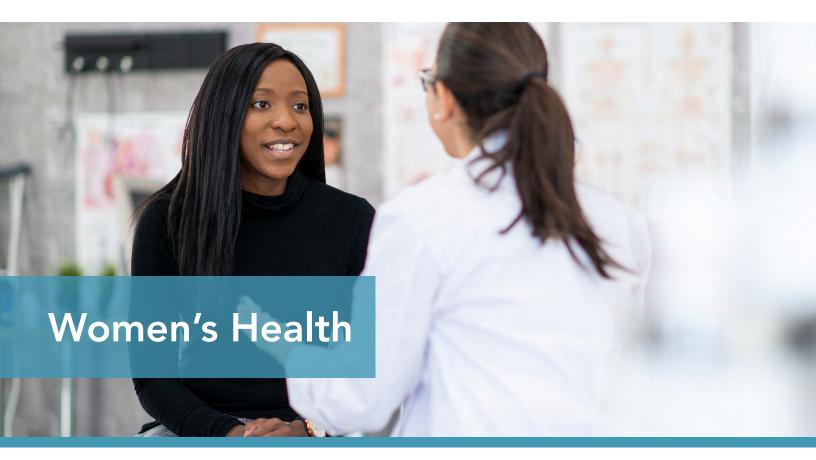


## HorizonBlue.com/shbp



In this session led by Certified Health Coach, Jessie Biondi, we'll discuss factors that impact women as they age, including good nutrition, exercises as you age, preventative screenings, controlling your stress and more factors for living a healthy life.

Women's Health Wednesday, October 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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