

Healthy Hoops® Your Family, Your Fitness, Your Food

AmeriHealth Caritas Partnership is excited to present a series of **no-charge** one-hour virtual webcasts discussing the importance of a healthy lifestyle and the impact that it has on your family's well-being.

Register today to join the conversation as we discuss the importance of a healthy lifestyle and the impact that it has on your family's well-being. We will explore some modern concerns in our daily lives and provide suggestions for simple adjustments you can make. Important topics of conversation will include nutrition, mental well-being, benefits of physical exercise, and a basic overview of chronic conditions such as asthma, diabetes, and obesity. Participants can also join in a Q and A at the end of the webcast. All questions will be answered.

Audience: Caregivers, parents, adults
Presenter: Glenn Ellis, MPH, CHCE

To view available sessions and register for the series, visit <https://amerihealthcaritaspartnership.eventbrite.com/>

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#AskHealthyHoops to send in questions ahead of time



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