



Heart Health

Join us for this webinar as we discuss habits you can do daily to help keep your heart strong and healthy, presented by Anamaria Pontes, Registered Integrative Nutritionist.

Heart Health
Friday, February 23
12 p.m. - 1 p.m.

[Register Now](#)

Space is limited.

Questions?

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

