

Wellness Webinar: Healthy Back



Back pain is not inevitable.

Back pain is a common health complaint – so common that you may think it’s just a typical part of the aging process. But it doesn’t have to be. You may be able to reduce your pain on your own, without resorting to invasive procedures, and we can teach you how during our next webinar, “Healthy Back.” Currently pain-free? We can show you how to stay that way. Please join us!

[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=ef65f49fb25281de6b0c95d510c437a7b>

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.

**Horizon BCBSNJ
Wellness Webinar
Healthy Back
August 7, 2019
12 p.m., Eastern Time**

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