

Wellness Webinar: At the Heart of Health



Your heart is a vital organ – do you know how to protect it?

While not all forms of heart disease are preventable, there are ways to reduce your risk for the most common form, coronary artery disease (CAD). CAD can cause heart attacks and heart failure.

In this webinar, we'll discuss reducing your risk with diet, exercise and other lifestyle choices. We'll also cover how to identify heart attack symptoms and what to do if you think you or a loved one is having one.

[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://horizon.webex.com/horizon/onstage/g.php?MTID=edfcdf26f5819138bde1c1040b9666978>

**Horizon BCBSNJ
Wellness Webinar**

**At the Heart
of Health**

**February 13, 2019
12 p.m., Eastern Time**

Our Wellness Webinars are for general informational purposes. Horizon Blue Cross Blue Shield of New Jersey 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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