



# Family Well-Being

Discover practical ways to boost family health, like optimizing meals, staying active together, setting fitness goals, and improving sleep routines.

**Family Well-Being**  
**Tuesday, December 23**  
**12 p.m. - 1 p.m.**

**Register Now**

**Space is limited.**

**Questions?**

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

