



Aetna Health and Well-being Series

Q1: Preventive Health

Join us to focus on your health and well-being. Whether you're looking to improve your fitness, eat healthier, or reduce stress, this series has something for everyone.

In Q1 we will focus on Preventive Health. You'll have the opportunity to learn from the best and ask questions during the live Q&A sessions.

Don't miss out on this fantastic opportunity to prioritize your health and well-being. Register, mark your calendars, and join us!

Click the dates below to register:

[Friday, January 16th at 10am CST](#)

[Friday, February 13th at 12pm CST](#)

[Friday, March 13th at 2pm CST](#)

