



Discover Seven Essential Health Habits

Tuesday, May 4 Lunch and Learn

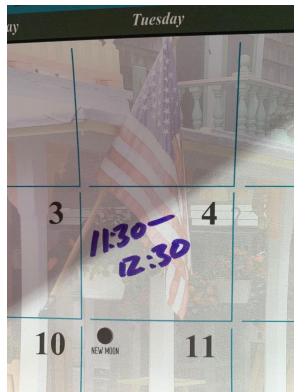
11:30 AM -12:30 PM

Join us for a complimentary Lunch and Learn Program sponsored by edHEALTH in collaboration with Workpartners

Mark Your Calendar for the Tuesday, May 4 Lunch and Learn Program

Register in advance:

1. Go to [the registration](#)
2. Enter your name and email address.
3. You will receive an email with additional instructions.



Discover 7 Essential Health Habits

Kick your unhealthy habits to the curb and replace them with new ones

In this session, you will discover:

- Healthy and unhealthy biometric numbers that can be warning signs of health problems
- 7 Essential Health Habits that are important to living a healthier and longer life
- How to plan for healthy lifestyle changes to support success.

There's no cost. However, **you must preregister** to attend.

At the May 4 "7 Essential Health Habits" Lunch and Learn session, Onsite Health Educator Daryien Lee of UPMC Health Plan will help you learn how to lead a healthier lifestyle to better enjoy the people and activities that matter most to you.

Take the time for yourself and your own well-being. Follow the registration instructions in the left column to access this helpful program.

Watch the April 6 "Beyond Nutrition" Webinar

- Access [the webinar](#) - note: expires Thursday, May 6
- Password - Wellness 123



About edHEALTH

edHEALTH is the healthcare purchasing collaborative for 23 colleges, universities, and secondary schools. Our guiding principles include:

- Savings;
- Ownership;
- Transparency; and
- Innovation.

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