

# HEALTHY LIFE SEMINARS

August - September 2015

## Plan For a Healthy Back To School

- Get tips on proper hand washing, staying hydrated and packing healthy lunches your children will eat
- A pediatrician from Cigna Medical Group will be on site to answer your questions

### August 1, 2015

9:00 am - 11:00 am  
Cigna Medical Group  
3805 e. Bell Rd., Ste. 2100  
Phoenix, AZ 85032

**RSVP: 623.277.3013**

### August 15, 2015

9:00 am - 10:30 am  
Cigna Medical Group  
5891 W. Eugie  
Phoenix, AZ 85304

**RSVP: 623.277.3013**

### August 22, 2015

9:00 am - 10:30 am  
Cigna Medical Group  
1717 W. Chandler Blvd.  
Chandler, AZ 85224

**RSVP: 623.277.3013**

## Cold or Flu?

- Learn about the symptoms of a cold verses the flu
- Learn about treatment options and ways to prevent the illness
- A physician from Cigna Medical Group will be on-site to answer your questions

### September 10, 2015

9:00 am - 10:00 am  
Cigna Medical Group  
3003 N. 3rd St.  
Phoenix, AZ 85012

**RSVP: 623.277.3013**

### September 15, 2015

9:00 am - 11:00 am  
Cigna Medical Group  
6811 E. Superstition Springs  
Mesa, AZ 85209

**RSVP: 623.277.3013**

### September 29, 2015

9:00 am - 10:00 am  
Cigna Medical Group  
13041 N. Del Webb Blvd.  
Phoenix, AZ 85351

**RSVP: 623.277.3013**

**Space is limited, RSVP Today!**

**Refreshments are being served at all locations.**

**All attendees will be entered to win a raffle prize!**



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