



HealthyBlue Online Seminar

Getting Older, Staying Healthy

The choices you make today can really impact your health down the road. This seminar will focus on some health-protective habits you can start now that will really pay off later. We'll look at how a diet rich in plant foods and an active lifestyle can help prevent heart disease, diabetes and some cancers. Good health starts now!

Participate in this online seminar starting in June at [azblue.com](https://www.azblue.com). Login with your Blue Cross Blue Shield username and password, click the Health and Wellness tab, then "Healthy Starts Today" to access this and other online seminars.