

Healthy at HOME



A webcast series designed to help you maintain a healthy and happy lifestyle

We've all had to make lifestyle changes over the last year — many of us are spending a lot more time at home. But there are still ways to engage and stay connected.

During the Healthy at Home webcasts, you'll hear from celebrity speakers and experts who are excited to join you on your journey to a healthier you.

The Healthy at Home webcasts are available at no cost to you. All you need is a computer or tablet to attend.

[Register to attend today](#)

Here are the speakers and topics we have lined up for you.



Joan Lunden

Healthy lifestyle | Friday, April 23, 2021 | 2 PM ET

Joan Lunden is an award-winning journalist, bestselling author, motivational speaker and health and wellness advocate. This webcast will feature topics such as:

- Becoming the champion of your own health
- Health is more than physical
- How everyday activities contribute to your overall well-being
- Health is not a one size fits all thing

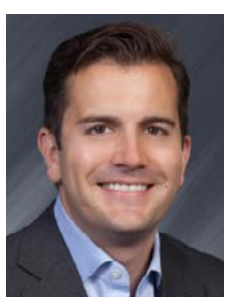


Dr. Melina Jampolis

Nutrition and disease prevention | Friday, June 4, 2021 | 2 PM ET

Dr. Melina Jampolis is an internist and board-certified physician nutrition specialist, and appears frequently on *The Doctors*, *Live with Kelly and Ryan*, and *Dr. OZ*. She focuses on an optimal diet that can supply the basic needs of the body and fortify the body's defenses. This webcast will feature topics such as:

- The role of inflammation in many common diseases including heart disease, cancer, diabetes, and dementia
- The role of antioxidants in disease prevention
- 10 practical tips for decreasing your risk of heart disease including diet, exercise, and supplementation



Dr. Daniel Knecht

The new world of virtual medicine | Friday, July 16, 2021 | 2 PM ET

Dr. Daniel Knecht is a board-certified internist who currently serves as Vice President, Transformation Clinical Product at CVS Health. He is responsible for clinical product ideation, concept development and testing, optimization, launch, performance and measurement in collaboration with key stakeholders across the CVS Health® enterprise. This webcast will feature topics such as:

- Embracing change
- Getting comfortable with virtual visits
- Preparing for a virtual visit

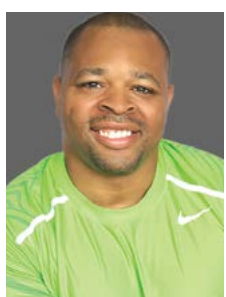


Linda Larsen

Maintaining a positive outlook | Friday, August 27, 2021 | 2 PM ET

Linda Larsen, BSW, MFA, CPAE, is author of the best-selling audio program, *12 Steps to High Self-Esteem*, and popular guest co-host on the ABC-7 Florida television show, *The Suncoast View*. This webcast will feature topics such as:

- Staying motivated
- Setting reasonable goals and expectations
- Bolstering emotional health with laughter and play
- Having fun along the way



Curtis Adams

Full body workout with Curtis Adams | Friday, October 8, 2021 | 2 PM ET

Curtis Adams is a fitness expert and inspirational TV personality, and is widely known for his exercise TV show called *Vitality 4 Life*. He is responsible for creating workouts that are loved by thousands all over the U.S., Canada and now Hong Kong. This webcast will feature:

- A total body workout that can be done from the comfort of your home
- Fitness levels from beginner to intermediate
- Seated and standing versions of every exercise
- Fitness made fun!

On the day of this session, please have a sturdy chair available. Please wear comfortable shoes and have some water on hand. If you have 1, 2, or 3-pound dumbbells, please have them on hand as well. Note: dumbbells are optional. Consult with your doctor before starting any strengthening or exercise program.



Amy VanDeVelde

Introduction to the internet | Friday, November 19, 2021 | 2 PM ET

Amy VanDeVelde leads the Oasis Connections technology program and has a certificate in Cybersecurity Risk Management from Harvard University. She is keenly interested in technology that supports and enhances interpersonal relationships by decreasing social isolation. This webcast will feature topics such as:

- What you need to get started using the internet
- Why the internet is beneficial in retirement
- The basics of online safety and security



Please join us for this exciting and informational webcast series!

Just choose the webcasts [you'd like to attend here](#). We'll send you email confirmations and reminders before each event.

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