

Peoples Health invites you to join us for our ongoing series of virtual presentations.

These events are free and open to the public.

PEOPLES HEALTH



Wellness Programs & Centers

FEBRUARY 2021

REGISTRATION IS REQUIRED. To register, please visit the noted website of the event you wish to attend. You may also call **1-844-621-3956** five minutes before the scheduled event start time and enter the access code to participate by phone.

WEDNESDAY, FEBRUARY 3, 2021

Medicare 101

What is Medicare? Learn the ins and outs of Medicare, and more, in our Medicare 101 class.

<http://peopleshealth.com/medicare101>

Access code: 135 185 4449

10 a.m. - 11 a.m.

WEDNESDAY, FEBRUARY 10, 2021

How to Love Your Heart

High cholesterol and high triglycerides are risk factors for cardiovascular disease, the leading cause of death in the United States. Learn more, including ways to help protect your heart and live a longer stronger life.

<http://peopleshealth.com/heart>

Access code: 135 042 3381

3 p.m. - 4 p.m.

WEDNESDAY, FEBRUARY 17, 2021

Advantage of Medicare Advantage

Choosing your Medicare coverage is an important decision. We'll help you understand your options and show you why a Medicare Advantage plan could be right for you.

<http://peopleshealth.com/medadvantage>

Access code: 135 759 1379

10 a.m. - 11 a.m.

WEDNESDAY, FEBRUARY 24, 2021

Chronic Kidney Disease

Many people are unaware that they have chronic kidney disease. Education and understanding are vital to knowing how to prevent and control this condition. Learn more about kidney disease risks, symptoms, prevention and treatment options.

<http://peopleshealth.com/kidney>

Access code: 135 493 8532

10 a.m. - 11 a.m.