

## June webinars from Better You

Join us for live webinars to learn how to improve your sleep habits and find healthy meals on the go. Our Behavioral Health team will educate us on eating disorders, and a Sanitas Medical Clinic social worker will speak on depression.

Register by pointing your smart phone camera to the QR code, or click on the topic to get your unique URL to attend.











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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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