



## Aetna Health and Well-being Series

### Q4: The Value of Laughter and Play

Join us to focus on your health and well-being. Whether you're looking to improve your fitness, eat healthier, or reduce stress, this series has something for everyone.

In Q4 we will focus on The Value of Laughter and Play. You'll have the opportunity to learn from the best and ask questions during the live Q&A sessions.

Don't miss out on this fantastic opportunity to prioritize your health and well-being. Mark your calendars and join us!

The webinar will be available:

Friday, October 17<sup>th</sup> at 10am CST—[CLICK HERE TO REGISTER](#)

Friday, November 14<sup>th</sup> at 12pm CST—[CLICK HERE TO REGISTER](#)

Friday, December 12<sup>th</sup> at 2pm CST—[CLICK HERE TO REGISTER](#)

