

INDEPENDENT HEALTH'S Online Health Hub!

Our Health Hub is a great way to help you achieve your personal health goals. Each month, we offer a variety of live classes, videos and podcasts to help you get and stay healthy. All classes are free, with no sign up needed. Just join through Zoom!

Join a range of classes:

- Online Cooking Classes
- Preventive Health and Financial Planning Webinars
- Meditation and Yoga Exercises
- Workout From Home Videos
- And More!

VISIT THE HEALTH HUB PAGE:
IndependentHealth.com/HealthHub

Check back every month for new and changing classes – subject to change.

Questions? Email us at
HealthHub@IndependentHealth.com



It's all part of the RedShirt® Treatment.

