

## VIRTUAL HEALTH FAIRS - JUNE 7 & 14

**Discover how your best health and best self starts from within!**

Don't miss the **2023 Cook County Virtual Health Fairs** online sessions. This series of webinars offer simple and practical tools, tips and resources to help you on the journey of becoming your best you!

### WEDNESDAY, JUNE 7

#### **Better Sleep for Better Health**

**Blue Cross Blue Shield of Illinois**  
**11:00-11:45 a.m.**

Over 50 million U.S. adults report having sleep problems which can be linked to several health-related conditions. Feeling sleepy and groggy can interfere with daily activities. Take a break and virtually check into this session for information and tips for getting better sleep and more.



#### **Healthy Bones and Joints (Musculoskeletal Disorders)**

**Blue Cross Blue Shield of Illinois**  
**2:00-2:45 p.m.**

Musculoskeletal Disorders (MSDs) have been common in the workplace for decades, but the prevalence of workplace generated MSDs is increasing, especially among millennials. Join us to learn about MSDs, ergonomics, risk factors and more!



### WEDNESDAY, JUNE 14

#### **The Power of Preventative Health Care**

**Blue Cross Blue Shield of Illinois**  
**11:00-11:45 a.m.**

Did you know that current science supports the idea that people can do a lot on their own to lengthen their life span and enhance their quality of life? Jump online with us for detailed information on recommended preventative tips and self-care secrets you can implement to help enhance your quality of life.



#### **Retirement Myths and Realities**

**Nationwide Retirement Solutions**  
**2:00-2:45 p.m.**

Separate fact from fiction to help you plan for your retirement. In this session we will share some of the biggest myths concerning retirement as well as the truth to help you confidently plan for retirement. Come take part in this virtual discussion to make sure you are aware of all the tools and resources available to prepare you for your retirement.



**Get Connected:** [www.facebook.com/groups/Myhealthconnections](https://www.facebook.com/groups/Myhealthconnections)



**BlueCross BlueShield of Illinois**

**PLEASE NOTE:** Photography, video recording, and audio recording may occur at the Cook County Health Fairs. By attending, you consent to photography, audio recording, video recording and their release.