



Wellness Webinar

Sweet Dreams: Tips for Better Sleep Health

Getting the right amount of restful, restorative sleep each night is key to maintaining a healthy mind and body. Join us as we discuss tips for improving sleep, sleep disorders to watch for and more.

Register now for this webinar.

This Horizon Blue Cross Blue Shield of New Jersey (Horizon BCBSNJ) wellness webinar is specifically designed for our corporate group members, so register with your work email. An email confirmation with instructions for joining the session will be sent upon registration. Space is limited.

If you are not able to access the registration link above, please copy and paste this address into your browser:

<https://horizonsalestraining.webex.com/horizonsalestraining/onstage/g.php?MTID=e5ee2eefa700090a060921fe5dd24606d>

**Horizon BCBSNJ
Wellness Webinar**

**Sweet Dreams: Tips for
Better Sleep Health**

**March 10, 2021
12 p.m., Eastern Time**

We want you to have the information you need to manage your health. Our wellness webinars provide general information. Talk with your doctor about specific questions you may have about your health.

Once you register for this session, you may receive future emails from Horizon Blue Cross Blue Shield of New Jersey. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association. The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross and Blue Shield Association. The Horizon® name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey.
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