



Horizon Blue Cross Blue Shield of New Jersey

Horizon Wellness

Wellness Webinar: Holiday Stress

The holidays are a wonderful time to spend with family and friends – but they can also be stressful.

Many people tend to feel “blue” in the winter months when it’s cold and dark outside. However, if you can recognize the signs and symptoms of holiday stress and the winter blues, you can take steps to mitigate their impact.

In Horizon Blue Cross Blue Shield of New Jersey’s next Wellness Webinar, we will cover healthy coping strategies that can help you deal with stress and when and how to team up with your health care professional for a management plan to enjoy this time of year.

Handling Holiday Stress and the Winter Blues December 14, 2016 12 p.m. Eastern Time

Register now for this webinar, hosted by Carol Zicker, RN, CDE, Horizon BCBSNJ health educator.

This session is specifically designed for our corporate group members; as such, we require that participants register with a corporate email address. Once we receive your registration, you will receive a confirmation email with instructions on how to join the webinar.

Our Wellness Webinars are for general informational purposes only. They do not substitute for the care of your doctor. Always speak with your doctor regarding questions about your health and before starting any new diet or exercise program.

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

<https://horizon.webex.com/horizon/k2/j.php?MTID=tc0882b4450976409352ed29c07396e6f>

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Spanish (Español): Para ayuda en español, llame al **1-855-477-AZUL (2985)**.

Chinese (中文)：如需中文協助，請致電 **1-800-355-BLUE (2583)**。

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