Horizon

NJWELL Working for a Healthy New Jersey

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# Staying Healthy: A Webinar

A health and wellness trainer will explain why self-care is so important for your health and immune system, especially during the COVID-19 pandemic. Learn tips for reducing your risk of contracting COVID-19 and how to boost your immune system.

**Date: Friday, May 22**

**Time: 12 p.m. to 1 p.m.**

**Register now**

NJWELL, administered by the New Jersey Division of Pensions and Benefits, is an incentive-based wellness program offered to eligible employees and their covered spouses who participate in the SHBP/SEHBP. All provisions of the program are established by the Division and are subject to change. More detail can be found on **http://www.nj.gov/njwell/**.

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