



## Lifestyle Management Program Lunch & Learn

Presenter - Diana Gonzales, BCBSTX

March 30, 2016

SU - Galaxy Rooms B & C

12-1 p.m.

According to the Centers for Disease Control and Prevention (CDC) some of the most common harmful but modifiable behaviors are tobacco use, insufficient physical activity and poor eating habits. These lifestyle factors are responsible for much of the illness, disability and premature death related to chronic diseases. The Lifestyle Management program is making a difference, helping members achieve better health and lead happier and more productive lives. [Register today](#) to learn more about the program.

Registration is required to reserve a seat and lunch. Prize drawings will take place at the end of the event.

[Click Here To Register](#)

*(Limited to 100 participants)*

For questions, email [benefits@utdallas.edu](mailto:benefits@utdallas.edu).



For more information about Blue Care Connection, contact a BCBSTX representative or visit [bcbstx.com](http://bcbstx.com).

Bilingual resources are available for Spanish-speaking members.

To enroll in a Lifestyle Management program, call 866-412-8795