

# Wellness Webinar: The Benefits of a Plant-Based Diet



## Have you considered reducing or even eliminating meat from your diet?

A balanced plant-based diet can help you lower your cholesterol, blood pressure and body mass index and may also help you prevent chronic illnesses like heart disease, colorectal cancer and Type 2 diabetes. So even if becoming a vegetarian isn't right for you, it's a good idea to add more fruits and vegetables to your diet. We'll cover ways you can do that in our next Wellness Webinar, "The Benefits of a Plant-Based Diet," so you can get the information you need to maintain or improve your health.

### Register now for this webinar.

This webinar series is specifically designed for our corporate group members, so 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. Space is limited.

*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/onstage/g.php?MTID=ea206f1c6d71d29f5334dd35c40580e95>

**Horizon BCBSNJ  
Wellness Webinar:**

**The Benefits of a  
Plant-Based Diet**

**April 11, 2018**

**12 p.m., Eastern Time**

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

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