



Healthy at HOME[®]

The Aetna Medicare Healthy at Home[®] webcast network



Healthy lifestyle



Food



Fitness

Save your spot for the 2024 Healthy at Home Webcast Network Series

The new Healthy at Home Webcast Network features three channels: healthy lifestyle, food and fitness. The network is presented by Aetna Medicare, at no extra cost to you.

Watch your inbox for monthly updates about upcoming webcasts and be sure to RSVP for the ones you'd like to watch.



January webcasts



Healthy lifestyle

“What’s your vitality plan?”
by Kay Van Norman

Friday, January 12



Kay will show you how to build a personal Vitality Portfolio® to live well, create a balanced life and maximize functional independence.

[Save your spot](#)



Fitness

Featuring Workout
Wednesdays with
Curtis Adams

New year, new you workout

Tuesday, January 17



Fitness expert and TV personality Curtis Adams is back with more full-body workouts. Each workout will feature a specific focus area.

[Save your spot](#)



Food

Healthy cooking
with Ellie Krieger

3-ingredient recipes

Monday, January 26



Food Network's Ellie Krieger shows you how to prepare simple and healthy dishes using seasonal ingredients.

[Save your spot](#)

View the full 2024 schedule

To learn more, visit the registration page for each channel. You can review the lineups and sign up for the webcasts you want to attend.

- [Healthy Lifestyle Channel](#)
- [Food Channel](#)
- [Fitness Channel](#)



Not available to attend a webcast live?

Sign up anyway— you can view it on demand after it's aired.

Consult with your doctor before starting any strengthening or exercise program. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. For accommodation of special needs at meetings, call **1-800-307-4830 (TTY: 711)**.

Help/contact us: If you have any questions, please **contact us**.

It's your choice: Want to stop receiving messages like these through email? **Unsubscribe** at any time.

We are located at 151 Farmington Ave, Hartford, CT 06156.

HealthyatHome.AetnaMedicare.com

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