

HP Living Well Community/ MMHG Wellness Webinar

Keep Your Cool: Heat Safety Tips



Wednesday, June 24, 2026

1:00– 1:30 p.m.

**Attend this FREE webinar from
your computer, tablet, or
smartphone!**

Summer heat can be dangerous. Learn how to stay safe during hot weather with practical strategies for heat exhaustion prevention, proper hydration, recognizing warning signs, and exercising safely outdoors. Discover how to enjoy summer activities while protecting your health in high temperatures. Essential knowledge for a safe, active summer.

No need to register in advance.

Classes are open to everyone at no charge. Access classes at [this link](#) or <https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars>

This webinar is free and open to all.

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