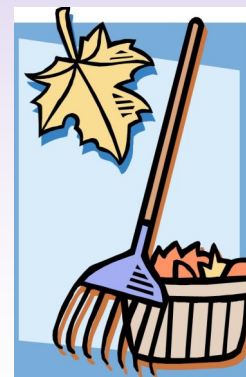


HP Living Well Community/ MMHG Wellness Webinar

Understanding Your Immune System



October 7th

1-1:30 p.m

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

As cold and flu season approaches, there's no better time to understand how your immune system works. This session explores the science of immunity, lifestyle factors that support healthy immune response, and what research says about popular remedies and supplements. Knowledge is your best defense.

No need to register in advance.

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

This webinar is free and open to all.

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