UnitedHealthcare seminars cover health topics at no additional cost to you.
These seminars are fully interactive and feature expert speakers in health, wellness and nutrition. Best of all, you can email our speakers with your questions during the presentation and they’ll respond during a question and answer session. Register to attend, and get information and tools to help you make informed health decisions.

Strength within: Build up your bones.
Kathleen Zelman, MPH, RD
May 9, 2017
12:30 p.m. ET, 11:30 a.m. CT, 10:30 a.m. MT, 9:30 a.m. PT

Protecting your bone health is easier than you may think — and so important. Bones do more than provide structure. They anchor your muscles and store calcium throughout your life. This seminar will help you understand the role of diet, vitamins, minerals, exercise and habits that may help keep your bones strong and healthy.

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