

# Do You Want to Improve Your Health?



Do you want to increase your physical activity?  
Do you want to lose weight?  
**Health Runs DEEP** is an education program  
for people with **pre-diabetes**,  
that will help you on your journey  
to a healthier lifestyle.

DATE: (Session 1) September 1, 2021,  
(Session 2) September 29, 2021,  
(Session 3) October 27, 2021,  
(Session 4) November 17, 2021  
TIME: 6:00pm-8:00 pm

## Join information

Meeting link:  
[https://aetnacca.webex.com/aetnacca/j.php?  
MTID=m20ae5310613f03dd59ce8496ec1b8c37](https://aetnacca.webex.com/aetnacca/j.php?MTID=m20ae5310613f03dd59ce8496ec1b8c37)

Meeting number:  
132 041 1540  
Password:  
GYq6MGRi\$43

Join by video system  
Dial 1320411540@webex.com  
You can also dial 173.243.2.68 and enter your meeting number.

Join by phone  
8447123250 US Toll Free  
+16466321149 US Toll

Aetna - AEMC00177 FK5.0

If you have any questions, you can reach out to Michelle Marrs at [marrsm@aetna.com](mailto:marrsm@aetna.com).

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