

My Life Expert

In this informative seminar, participants will discover how the immune system functions and learn effective strategies to optimize its performance while keeping the lymphatic system flowing smoothly. Attendees will leave equipped with valuable resources to reduce chronic inflammation, mitigate the impact of viruses, and understand the crucial roles that nutrition, exercise, sleep, and stress management play in supporting a healthy immune system. Join us to empower yourself with knowledge and tools for better health!

Sponsored by:
Texas Health Employee
Assistance Program



UNDERSTANDING YOUR IMMUNE SYSTEM



DATE

7/8/2026



TIME

12:30pm-1:30pm CST



REGISTER

Register for the webinar by
setting up a free My Life Expert account:
Scan QR code or visit www.texashealth.org/eap
Company code: texashealth

or

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