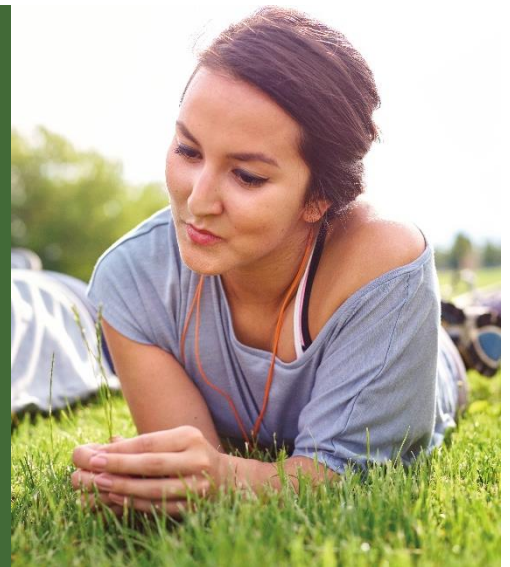


# Cold and Flu Prevention



**Cold and Flu Prevention** : Your Best Defense  
Learn how to stay well, avoid common ailments and learn information on proper treatments for cold and flu symptoms.

In this one hour webinar, we will focus on:

- The difference between colds and flu
- How Cold and Flu spread
- Prevention
- Treatment



## Webinar Details

Date: Wed. Sept 16, 2020

Time: 10:00 AM - 11:00 AM

Webinar Link:

[link9.16Coldflu.sic](https://link9.16Coldflu.sic)

Session Password (case sensitive):

Thrive123

Phone-In Option:

Call: 1(408) 418-9388

Access code: 133 837 3050

For better audio, we suggest you using the call-in number rather than listening through your computer