

Achieve
Well-being@Work

Take charge of your well-being your way

*A wellness program for the AFSCME District
Council 47 Health & Welfare Fund*

You Make Philadelphia Happen!

Now it's your turn to live a healthier, happier,
and more balanced life!

AFSCME District Council 47 Health & Welfare
Fund (DC47) has teamed up with Independence
Blue Cross and HealthEase to offer a new
wellness program that offers opportunities to
help you better manage your physical, emotional,
and financial well-being.

Take time to lunch and learn

Each month, you can access free virtual workshops
and an on-demand library of interactive resources on a
variety of wellness topics, from fitness and nutrition to
mental health and healthy living.

It's all available on the customized [DC47 Hub](#).

May 25 @ noon

Great Kitchen Clean-Out: Creating a Healthy Environment

Learn how to stock your pantry and refrigerator
with foods that support your health and fitness goals
and more.

June 15 @ noon

Improve Your Cardiovascular Health

Learn the risk factors for heart disease and how to
improve your cardiovascular health and fitness through
diet, exercise, and other healthy lifestyle habits.

June 29 @ noon

Mindless Snacking & How to Snack Smarter

Discover simple strategies for smarter eating between
meals and solutions for late-night eating.

July 14 @ noon

Financial Road Map

Learn about goal setting, putting together a financial
plan that works for you, and how to adjust it for
marriage, children, divorce, retirement, and loss.

Independence 

District Council 47
AFSCME

HEALTH EASE
Corporate Wellness Made Easy



How to attend Lunch and Learns

Great Kitchen Clean Out

May 25, 2021, noon

[Join Zoom Meeting](#)

Meeting ID: 990 4332 8525

Passcode: 604736

Improve Cardiovascular Health

June 15, 2021, noon

[Join Zoom Meeting](#)

Meeting ID: 980 0751 3156

Passcode: 281229

Mindless Snacking & How to Snack Smarter

June 29, 2021, noon

[Join Zoom Meeting](#)

Meeting ID: 912 5486 4125

Passcode: 111252

Financial Road Map

July 14, 2021, noon

[Join Zoom Meeting](#)

Meeting ID: 947 7390 4945

Passcode: 489165

These are value-added programs and services. They are not benefits under your Independence Blue Cross health care plan and are subject to change without notice.

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.

