

# Thrive by Design: Building Heart-Healthy Habits That Last

## Live Webinar

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Learn how small changes, positive emotion, and intentional systems can make long-term heart health easier than ever.



**Thursday, February 26th**



**9:00am PT / 12:00pm ET**

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HOSTED BY



**Lacy Wolff, M.S.**  
Director, Solutions  
Consulting

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