

# STRENGTHEN YOUR IMMUNE SYSTEM NATURALLY DURING FLU SEASON: WEBINAR



**Wednesday, February 11, 2026**  
**11:00 a.m. – 12:30 p.m.**

In this webinar, the following topics will be covered:

- Aging & Immune Health
- Gut Health & Immunity
- Immune-Supporting Nutrition
- Lifestyle Habits for Immune Strength
- Daily Flu-Season Protection
- Conclusion Q&A



Register by email or online:  
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