



Monthly Live Webinars

Q1

January

Living a Healthy Life
Tuesday, January 26th, 1pm

February

Relaxation Techniques
Tuesday, February 23rd, 1pm

March

Managing Fear & Anxiety
Tuesday, March 23rd, 1pm

Q2

April

Mindfulness Meditation
Tuesday, April 27th, 1pm

May

Resiliency: Bounce Back Stronger
Tuesday, May 25th, 1pm

June

Eating for High Energy
Tuesday, June 22nd, 1pm

Q3

July

Gratitude
Tuesday, July 27th, 1pm

August

Get Organized
Tuesday, August 24th, 1pm

September

Maximize Your Time
Tuesday, September 28th, 1pm

Q4

October

Find Your Balance
Tuesday, October 26th, 1pm

November

Be Positive
Tuesday, November 23rd, 1pm

December

New Years Resolutions
Tuesday, December 28th, 1pm

Resources
for Living[®]