

# Resources for Living®



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## Featured webinar

### Mental health: best practices at work

We can spend so much of our time and energy at work, making it important to learn how to best take care of ourselves there. Join this webinar to learn self-care practices.

**Sept 16 @ 3 p.m. ET / 12 p.m. PT**



### Returning to school safely

**Sept 4 @ 3 p.m. ET /  
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### Understanding anxiety

**Sept 11 @ 3 p.m. ET /  
12 p.m. PT**



### Stress: do this, not that

**Sept 25 @ 3 p.m. ET /  
12 p.m. PT**

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4262854-58-01-RFL (7/25)

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