



SUMMER HEALTH AND WELLNESS WEBINAR SERIES

Thursdays @ 11am ET

The Art of Mindfulness	<u>9 July 2020</u>
Daily Stress Balance and Work Life Survival Guide	<u>16 July 2020</u>
Improving the Communication With Your Teen	<u>23 July 2020</u>
Maximizing Your Day	<u>30 July 2020</u>
Bringing Out the Best in Others	<u>6 August 2020</u>
Helping EEs Navigate Change	<u>13 August 2020</u>
Relaxation for the Mind, Body Connection	<u>20 August 2020</u>
Improving Your Personal and Work Life with Better Sleep	<u>27 August 2020</u>
Overcoming Worry	<u>3 September 2020</u>

TO JOIN THE MEETING:

Log on a few moments before the training is scheduled to start:

<http://magellanhealth.adobeconnect.com/rlj7g4nqu0ht/>

Attendance is limited to 100 participants. Webinars are not recorded and will not be available on-demand.