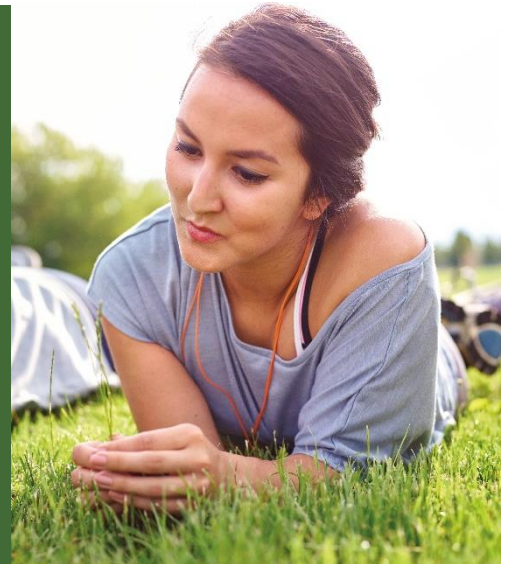


# Coping with COVID-19 & Beyond

Addressing wellness during uncertainty



## Living with Uncertainty

Our schedule and daily lives have dramatically changed from a few weeks ago. The COVID-19 pandemic has potentially affected your mental, physical, and emotional health. It is especially important during this time to provide care for YOU.

## Coping with COVID-19 & Beyond

This 1-hour webinar will focus specifically on how to cope with this pandemic through the following:

- Become informed & receive resources for COVID-19
- Learn tips on how to cope with uncertainty
- Address the stress response to life changes
- Gain control where you have control
- Practice tricks to build your resilience

This webinar can help you become more centered and secure during this time

**Limited to 500 Registrants. We hope you will attend!**



## Webinar Details

Date: Fri. May 15, 2020

Time: 12:00pm – 1:00pm

Registration Link:  
[reglink.5.14covid.uop](https://reglink.5.14covid.uop)

Phone-In Option:

Call: 1 (408) 418-9388  
Access code: 287 434 846

**For better audio, we suggest you use the call-in number rather than listening through your computer.**