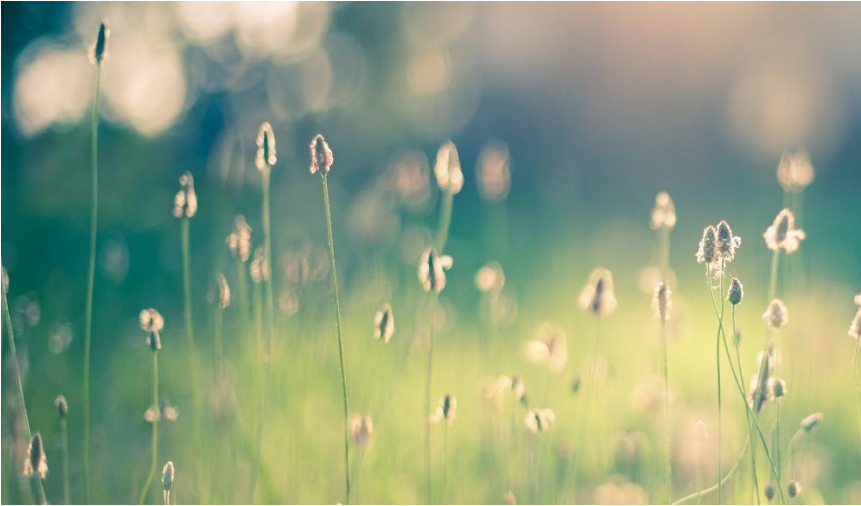


# Nourishing Your Mind and Body Series



We can all benefit from taking some time to renew our mind, care for our body, and lift our spirit. In this series, we will learn many ways to care for ourselves physically and emotionally.

We hope you'll join us; we are excited to bring you a more engaging platform.

To register for these dates and times, click the link below and choose one or more of the webcasts. Click to view its details.

[Register Here](#)



SCAN ME

## Webinar Presentations

12:00 PM to 1:00 PM

June 8<sup>th</sup>

Ready, Set, Goal

July 13<sup>th</sup>

Emotional Well-Being

August 10<sup>th</sup>

Cultivating Mindfulness

September 14<sup>th</sup>

Find Your Joy

October 12<sup>th</sup>

Food and Mood

November 9<sup>th</sup>

Preparing Healthy Meals  
& Dining Out

December 7<sup>th</sup>

Plant-Based Meal  
Planning