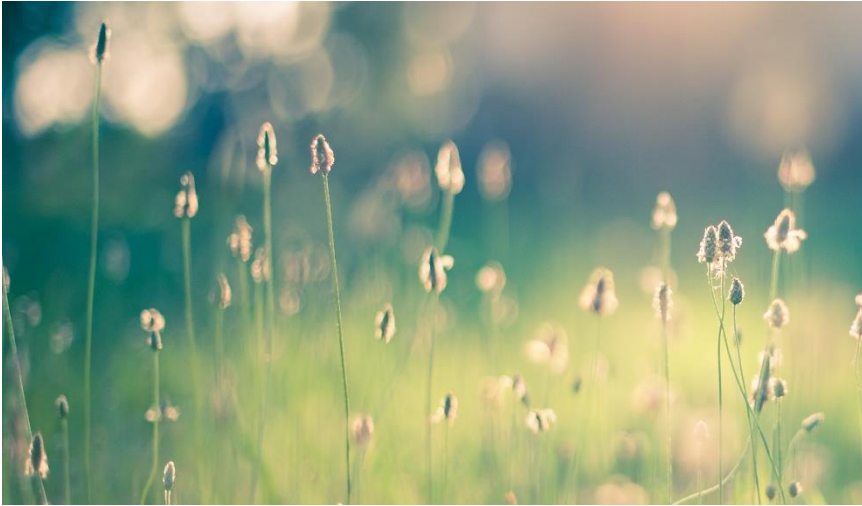


Emotional Well-Being Series



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.

Registration Link:

[https://event.on24.com/wcc/r/4198377/
F95749C622AA041328013EA7DFDE7808/4714927](https://event.on24.com/wcc/r/4198377/F95749C622AA041328013EA7DFDE7808/4714927)



SCAN ME

Webinar Presentations

12:00 PM to 1:00 PM

June 6th
Joy and Gratitude

July 11th
The Science of Happiness

August 8th
Finding Your Why

September 12th
Resolution to Change

October 10th
Eating Mindfully

November 7th
Building Healthy Meals

December 5th
Plant-Based Eating