

# FOUR ONE-HOUR INTERACTIVE WEBINARS FINDING BALANCE DURING A TIME OF UNCERTAINTY

## MONDAYS NOON-12:50 P.M.



**REGISTRATION.** Webinars have limited capacity and you must register to receive the link to join. If a webinar is full you can join a waitlist. A confirmation and reminder email will be sent prior to your scheduled webinar with the link to join. To register, [click here](#).

### JUNE 8, 2020

## Food and Mood

Moods can affect your eating habits and your eating habits can affect your mood. In this workshop participants will learn strategies to tune into their body and mind and identify self-care practices that will bring more balance to the way they eat and their mood. Participants will be invited to create a realistic action plan, using their personal strengths to improve their health and well-being.

Presented by Jennifer Prince, M.A., LMFT

### MAY 18, 2020

## Coping with COVID-19 and Beyond

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**. This one-hour webinar will focus specifically on how to cope with this pandemic through becoming informed, learning skills for managing uncertainty and stress and gaining tools for building resilience.

Presented by Gabby Hernandez, MS, RDN

### JUNE 15, 2020

## Making Delicious and Healthy Meals

Creating weekly meal plans and making healthy choices when dining out takes planning ahead. In this workshop participants will learn practical tips, identify healthier options and discover the health benefits of making the healthy choice the easy choice. Participants will also be invited to create a realistic action plan that will help them take positive steps towards eating healthy at home and on the go.

Presented by Gabby Hernandez, MS, RDN

### JUNE 1, 2020

## Cultivating Wellbeing

In an everchanging world, staying in the present moment is easier said than done. In this workshop participants will explore the definition of mindfulness, the benefits to being in the present moment, and how to build this skill of awareness. Throughout the workshop, participants will have the opportunity to practice various mindfulness activities.

Presented by Jennifer Prince, M.A., LMFT

For all Workplace and Community Programs employee offerings [click here](#).