

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](#)



Webinar Presentations

12:00 PM to 1:00 PM

June 8th

Ready, Set, Goal

July 13th

Emotional Well-Being

August 10th

Cultivating Mindfulness

September 14th

Find Your Joy

October 12th

Food and Mood

November 9th

Preparing Healthy Meals
& Dining Out

December 7th

Plant-Based Meal
Planning