



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.

Current and retired staff and faculty are welcome to join!

To register for these dates and times, click the link below.

- January 5th** – [Taking Care of YourSELF](#)
Sleep, Exercise, Love, Food: focus on four ways to improve SELF-care, and learn how daily practice of simple strategies supports improved health and well-being.
- February 2nd** – [Taking Care of Your Heart](#)
Learn about heart disease, identify risk factors, and explore the Mediterranean and plant-based meal plans for heart health.
- April 5th** – [Why Sleep Matters](#)
Get simple and effective tools to improve their ability to rest, relax, and sleep.
- May 3rd** – [Find Your Joy](#)
Explore how positive psychology and practical strategies can nurture happiness while learning concepts and evidence-based practices that foster well-being, such as kindness, empathy, gratitude, and awe.

Webinar Presentations

Fridays from
10:30 AM to 11:30 AM

- Registration is now available and will remain open through the end of the event.
- Participants can register and join the workshop via computer or mobile device using the link provided, no apps or plugins are required.
- Webinar must be viewed using Google Chrome, Microsoft Edge or Firefox browsers – session will not work in Internet Explorer.