Please join us each Wednesday for a new webinar focused on maintaining your well-being through the COVID-19 pandemic.*

May 13th, 12:15-1:00 PM (EST)
Computer Ergonomics

May 20th, 12:15-1:00 PM (EST)
The Importance of Recovery

May 27th, 12:15-1:00 PM (EST)
From Pantry to Table

June 3rd, 12:15-1:00 PM (EST)
Managing Parent Overload

*Each week, live capacity is limited to the 1st 500 attendees.
May 13th, 12:15 - 1:00 PM (EST)
Computer Ergonomics
Are you experiencing some new aches and pains since working from home? Not sure what to do about it? This session will go over how to set up your workspace to best optimize what you have at home, so you can feel good in your body and be as productive as possible. This webinar will review common complaints and how to solve them. There will be a Q&A at the end.

Did you miss the live webinar? A recording is available through May 27th.

Watch the Recording
https://youtu.be/pz9MtX0rynY

May 20th, 12:15 - 1:00 PM (EST)
Importance of Recovery
Exercise routines, work, family life, household tasks - the stressors can add up, and that’s only scratching the surface. In modern day, your body and mind can be under a lot of different kinds of stress on a daily basis. How do you recover? In this webinar, you’ll learn what recovery really means, the importance of recovery and how to use simple habits, hacks, rituals and routines to improve your recovery and therefore improve your performance in life.

Did you miss the live webinar? A recording is available through June 3rd.

Watch the Recording
https://youtu.be/MvyL9BPgk1I
May 27th, 12:15 - 1:00 PM (EST)
From Pantry to Table

The grocery store chicken shelves are empty. Your Instacart shopper brings you cabbage instead of lettuce. Produce - fresh and frozen - is hit or miss. Cooking during a pandemic is a new one for most of us. Learn simple swaps and changes you can make when the grocery store isn't cooperating with your meal planning and cooking.

Join Zoom Meeting
https://us02web.zoom.us/j/87370282388?pwd=ZzBERVBmbGY5M3pPczhLaVY0TVhSd09
Meeting ID: 873 7028 2388
Password: Pantry

Dial In
1 929 205 6099 US (New York)
Meeting ID: 873 7028 2388
Password: 770882

June 3rd, 12:15 - 1:00 PM (EST)
Managing Parenting Overload During These Challenging Times

This program is geared towards parents who are trying to be both full-time parents and full-time employees, especially while working from home. Participants will leave the webinar with knowledge about managing stress and feeling confident in their parenting abilities.

Join Zoom Meeting
https://us02web.zoom.us/j/4124911240?pwd=QXc0Mk95UTkxZ0VSOGd6YVVwRTlyZz09
Meeting ID: 412 491 1240
Password: Parent

Dial In
1 929 205 6099 US (New York)
Meeting ID: 412 491 1240
Password: 613951