

LIVE WEBINAR SCHEDULE

WELL-BEING. DONE WELL.



To register for a webinar, click the desired title and complete the linked registration form.

<u>TITLE</u>	<u>DATE & TIME</u>
<u><i>Identifying and Addressing Employee Turnover</i></u>	Wednesday, July 12 th 1:30pm-2:30pm EST
<u><i>Better Well-Being Through Better Perspective</i></u>	Thursday, July 20 th 12:00pm-12:45pm EST
<u><i>Boosting Your Brain Power</i></u>	Wednesday, August 9 th 1:30pm-2:30pm EST
<u><i>Getting Outside Your Comfort Zone and Trying New Things!</i></u>	Wednesday, August 23 rd 12:00pm-12:45pm EST
<u><i>Cultural Myths in Media: Fact or Fiction</i></u>	Wednesday, September 13 th 1:30pm-2:30pm EST
<u><i>Coach your Child to Manage their Emotions</i></u>	Wednesday, September 20 th 12:00pm-12:45pm EST

Turn in a copy of your certificate to chowland1@sscc.edu to earn your "Attend a Wellness Event" credit.