

2021 Quarterly Wellness Webinars

Participate in these 30-minute online classes from the comfort of your computer or conference room. Held the first workday of the month **at noon**, webinars are recorded, archived online, and can be viewed anytime that is convenient for you.

FEBRUARY



Monday, February 1

Life Lessons From the Pandemic

Just about every aspect of our lives has been impacted by COVID-19. What life lessons can we draw from this experience? Join us for a look at some of the benefits and hard lessons many have faced. Learn how to improve your mental and emotional well-being, habits and routines to thrive, not just survive!

MAY



Monday, May 3

Know Your Numbers: Get Back on Track

During the pandemic, many of us have neglected our physical health and put off getting regular preventive tests and exams. It's time to get back on track! We will provide an overview of key biometric measures, what your numbers say about your health, and offer recommendations for preventive exams.

AUGUST



Monday, August 2

How DO I feel?

Feeling a range of emotions is normal and allows us to get the most out of life. Explore your emotions and the science of why you feel the way you do. Apply the tools you'll learn in this webinar to cope with complex emotions and boost your overall emotional well-being.

NOVEMBER



Monday, November 1

Develop a Growth Mindset

A mindset is a perception that we hold about ourselves. You may be unaware of your mindset, but it can have a profound effect on many dimensions of life. Learn the difference between fixed and growth mindsets and how adopting a growth mindset can help you persevere in difficult times.

Register for upcoming or archived webinars through your personal online account at www.pehp.org. Type "webinars" in the search bar.