

Live Webinar Schedule

WELL-BEING. DONE WELL.



*Webinars listed in **blue** are hosted by mylifeexpert.com

DATE/TIME	TOPIC	CLICK HERE TO REGISTER
Thursday, July 8th 12:00 PM - 1:00pm EST	What Organizations Can Do to Support Minority Mental Health	
Wednesday, July 14th 1:30 PM - 2:30 PM EST	Managing Conflict, At Work and At Home	
Wednesday, August 11th 1:30 PM - 2:30 PM EST	Leveraging Your Vulnerabilities	
Thursday, August 19th 12:00 PM - 12:30 PM EST	Mindfulness @ Work	
Wednesday, September 8th 1:30 PM - 2:30 PM EST	Caring for Your Loved Ones at Home	
Thursday, September 23rd 12:00 PM - 12:45 PM EST	Unpacking the Backpack	

Can't attend a desired webinar? No problem!

Simply visit allonehealth.com/blog or mylifeexpert.com to view all recorded sessions and download accompanying materials. An account may be required for access to materials on Life Expert. Please reach out to your account manager for more information.