

LIVE WELL

Resiliency Webinars for Sailors and Families

MAY 2020

Webinars are on Eastern Time

"Setting Healthy Boundaries during COVID-19"

May 7th 11:00 am, EDT

Boundaries allow you to define and maintain the space you need. Learn tips during social distancing to improve mental, emotional and physical boundaries and health.

"HHG & Smooth Moves Q&A"

May 20th 18:00 pm, EDT

The effects of COVID-19 has temporarily delayed HHG moves. Plan ahead and learn how to reduce chances for encountering frustration when moving starts again.

"Stress Management in Time of Crisis"

May 21st 15:00 pm, EDT

Increased anxiety is common as we navigate COVID-19. It is a normal reaction. Learn how to manage your stress and develop a healthy balance.

REGISTER TODAY!

<https://learning.zeiders.refineddata.com/enrol/index.php?id=7367>

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