



2024 Monthly Schedule of Live Webinars

JANUARY

Set New Goals with the Wellness Wheel

Thursday January 18, 2024
12:00-12:30pm EST

Your wellbeing is comprised of 8 different areas—physical health, emotional health, mental health, financial wellness, relationship wellness, career, purpose, and environmental health. Join this 30-minute live webinar to learn how to self-evaluate your wellbeing from the 8 spokes of the Wellness Wheel.

MARCH

Are You Reacting or Responding?

Wednesday March 13, 2024
12:00-12:30pm EST

Much of our lives is spent in reaction to situations around us. But our first impulse might not always be the best course of action. Join this live discussion to learn how to take a mindful moment to process the situation and then respond based on immediate safety concerns, the impact of the situation, and personal values.

FEBRUARY

The Impact of Stress on Your Heart

Thursday February 15, 2024
12:00-12:30pm EST

We all create our own set of coping behaviors to deal with stress. Some of these behaviors are healthy, but some can be unhealthy and cause more issues to our physical health. This Valentine's Day commit to taking care of your heart by reducing stress. Join this session to learn how.

APRIL

Sober Curious? Tips for Reducing or Abstaining Alcohol

Thursday April 18, 2024
12:00-12:30pm EST

If you're considering giving up alcohol to improve your health, then you won't want to miss this month's live webinar! Learn the top tips for proactively reducing your alcohol use while making other positive behavioral changes in your life.



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MAY

Supporting Friends & Family with Mental Illness

Tuesday May 21, 2024
12:00-12:30pm EST

Supportive friends and family can play an important role in the mental health recovery process. Join this training to reduce the stigma around mental health. And learn proactive ways to respond and help when your loved one is initially diagnosed with a mental health illness or disorder.

JULY

Social Media & Your Mental Health: Ignoring the Highlight Reel

Wednesday July 17, 2024
12:00-12:30pm EST

“Comparison is the thief of joy.” And there’s no easier way to get caught up in envious feelings than doom scrolling through other people’s highlight reels on Facebook, Instagram, or TikTok. Join this month’s webinar to learn the negative impact of comparison, and how to protect you and your teens from the downside of social media.

JUNE

Inclusion and Belonging at Work

Thursday June 13, 2024
12:00-12:30pm EST

The healthiest workplace cultures foster a sense of inclusion and belonging among all employees. Join this 30-minute webinar to discover ways to proactively support your colleagues, enhance inclusivity, and find your own sense of belonging.

AUGUST

Preparing for Hurricane Season

Thursday August 15, 2024
12:00-12:30pm EST

Getting worried that we’re heading into hurricane season again? The emotional and physical toll previous storms have had on your home and life can feel heavy. Join this webinar to discuss the physical steps you can take to prepare your home—and your family—for destructive weather.



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SEPTEMBER

Organize Your Life

Wednesday September 18, 2024
12:00-12:30pm EST

While procrastination is normal from time to time, some people are so affected by procrastination it disrupts their productivity levels and often results in elevated stress. If this describes you, join this session to learn organization skills that will help you reduce your stress, accomplish your goals, and fulfill your potential at home and at work.

NOVEMBER

Boundary Setting: An Act of Self-Care

Wednesday November 20, 2024
12:00-12:30pm EST

Whether at work or at home, learning to set boundaries helps you manage life while setting expectations for others. Join this 30-minute webinar to learn what a boundary is, how to set them, and how to enforce them.

OCTOBER

How to Reduce Stress During Election Season

Tuesday October 29, 2024
12:00-12:30pm EST

As we're heading into election season, no matter your affiliation, tensions are high. In this month's webinar, we will share tips for reducing stress, practicing mindfulness, and finding individual peace regardless of your preferred outcome. No politics will be discussed during this session.

DECEMBER

Reduce Holiday Stress with Mindful Meditation Practice

Tuesday December 17, 2024
12:00-12:30pm EST

Take 30 minutes out of your busy holiday season to focus on your breathing with our live mindful meditation practice.



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