

FACULTY & STAFF ASSISTANCE PROGRAM WELLNESS WEBINARS

We Can Dance! (60 min)

This webinar offers dance therapy for stress relief. In this seminar, the basic principles of dance/movement therapy will be presented.



To register for a session, please click a time below:

Wednesday, April 29

- noon
- 6 PM

Earn up to 100 Pure Wellness Points!

Balancing Working from Home with Kids (60 mins)

This webinar is offered to help participants understand and address the challenges of balancing kids while working remotely.



To register for a session, please click a time below:

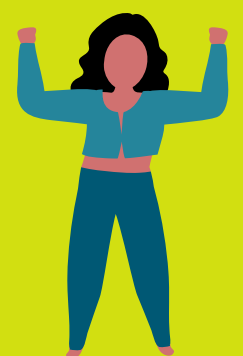
Thursday, April 30

- noon
- 6 PM

Earn up to 100 Pure Wellness Points!

Relaxation Training - Progressive Muscle Relaxation (30 min)

This webinar will instruct and guide participants through a progressive muscle relaxation exercise.



To register for a session, please click a time below:

Tuesday, May 5

- noon
- 6 PM

Earn up to 75 Pure Wellness Points!

Better Sleep (30 min)

This webinar is for those interested in developing better sleep habits amidst the stressors of COVID-19.



To register for a session, please click a time below:

Thursday, May 7

- noon
- 6 PM

Earn up to 75 Pure Wellness Points!