FACULTY & STAFF ASSISTANCE PROGRAM

WELLNESS WEBINARS

Calming Strategies (30 min)
This webinar is offered to help participants understand how they may restore the parasympathetic (relaxation) response during COVID-19.

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

Tuesday, April 21
- noon
- 6 PM

Earn up to 75 Pure Wellness Points!

Developing Personal Resilience (30 min)
This webinar offers participants insight into how they may develop their personal resilience during challenging times. Resilient individuals are adaptive and exhibit positive behaviors when faced with change, adversity, or trauma.

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

Thursday, April 23
- noon
- 6 PM

Earn up to 75 Pure Wellness Points!

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!