

DEVELOPING A HEALTHIER MINDSET WEBINAR & MINI-SERIES



Part 1: Developing A Healthier Mindset Webinar

How often do you exercise your mental muscle? Would you like to learn how to better overcome adversity, deal with change, handle emotions, or have a better attitude? Life throws a lot of curveballs at us, but developing a strong mindset can help us lead happier, healthier, and more successful lives. Join Coach Angie from AllOne Health Wellness to learn more.

Wednesday July 26, 2023 12pm-12:45pm CST

No registration needed, just [click the link to join](#) webinar on Teams!

Part 2: Mindfulness "workouts"

Join Coach Kiersten on Monday mornings for 4 weeks for a mini-mindfulness session to put the mindset principals and tools learned into practice!

Mondays July 31, August 7, 14, and 21, 2023 8:45am-9:00am CST

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