

MOTIVATION & BUILDING HEALTHIER HABITS



To build a good habit: make it attractive; make it easy; and make it satisfying. To break a bad habit: make it invisible; make it difficult; and make it unsatisfying. Sounds easier said than done, right? We are creatures of habit, but sometimes it can be difficult to form new healthy habits. During these times it's even more important to focus on our wellbeing, and incorporating healthy habits into our daily routine to manage stress, improve our health and increase performance. Let's talk about how to make those habits stick for good!

Date: Wednesday, September 20, 2023 12:00-12:45pm CST

How to Join: Join the webinar via [Teams](#). No registration required!