

Live Webinar Schedule

WELL-BEING. DONE WELL.



*Webinars listed in **blue** are hosted by mylifeexpert.com

DATE/TIME	TOPIC	CLICK HERE TO REGISTER
Wednesday, Apr 14th 1:30pm-2:30pm EST	Managing Your Time While Working Remotely	
Thursday, Apr 22nd 12pm-12:30pm EST	Impact of COVID on Families and Work/Life Balance: Tips to Help You Navigate	
Wednesday, May 12th 1:30pm-2:30pm EST	The Art of Active Listening	
Wednesday, May 19th 12pm-12:45pm EST	Getting Past "No": Understanding Adolescent Addiction and Mental Health Issues - Tools to Help Our Teens	
Wednesday, June 9th 1:30pm-2:30pm EST	What's Your Learning Style?	
Thursday, June 24th 12pm-12:30pm EST	Warmer Weather and Healthy Tweaks for Maximizing a Sedentary Lifestyle	

Can't attend a desired webinar? No problem!

Simply visit allonehealth.com/blog or mylifeexpert.com to view all recorded sessions and download accompanying materials. An account may be required for access to materials on Life Expert. Please reach out to your account manager for more information.