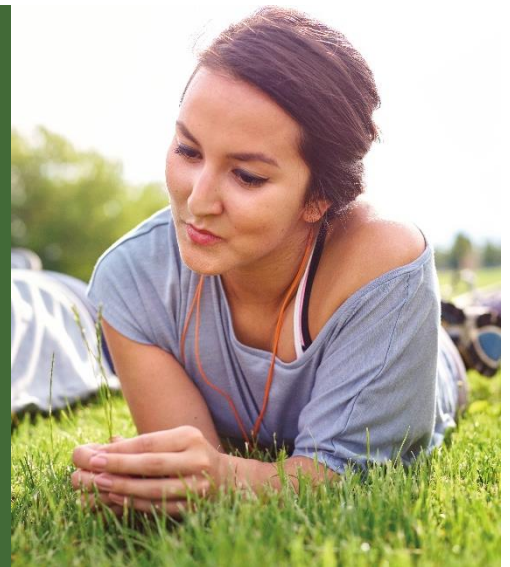


Coping with COVID-19 & Beyond

Addressing wellness during uncertainty



Wellness Webinars

Total Health Nutrition

Learn principles of good nutrition, maintain good health and assess your nutritional behaviors.

Date: Wed. Oct. 14th

Time: 10:00 AM to 11:00 AM

Webinar Link: [link10.14Nutrition.SJC](#)

Phone-In Option

Call: 1 408 418 - 9388

Access code: 133 266 2876

Practical Skills for Stress Management

Learn the body's stress response & practice new management skills.

Date: Wed. Nov. 4th

Time: 10:00 AM to 11:00 AM

Webinar Link: [link11.4Stress.SJC](#)

Phone-In Option

Call: 1 408 418 - 9388

Access code: 133 839 0021

Thriving During the Holiday's

Learn ways to stay healthy, manage stress, and thrive during the busy holiday season.

Date: Wed. Nov. 18th

Time: 10:00 AM to 11:00 AM

Webinar Link: [link11.18Thriving.SJC](#)

Phone-In Option

Call: 1 408 418 - 9388

Access code: 133 958 5226

The Power of Gratitude

Learn and practice how you can increase life satisfaction with gratitude.

Date: Wed. Dec. 9th

Time: 10:00 AM to 11:00 AM

Webinar Link: [link12.9Gratitude.SJC](#)

Phone-In Option

Call: 1 408 418-9388

Access code: 133 653 5995



Webinar Tips

For better audio, we suggest you using the call in number rather than listening through your computer.

We hope you join us!