

2022 Wellness Webinar Series

BROUGHT TO YOU BY THE SOLUTIONS GROUP, A DIVISION OF PRESBYTERIAN HEALTHCARE SERVICES



Join us each month. Our Webinars provide you with ways to enhance your well-being and help you be successful in your journey to better health.

**DEC
21**
12 pm - 1 pm

Authentic Mental Well-being in a Modern World

Our conventional method of improving our well-being is missing the mark in our modern world. With resiliency at an all-time low and burn-out at an all-time high, we need a modern model to invest in self-care. Join us for this presentation where **Maggie Gough, COO of WELCOA** will provide sustainable methods for caring for your authentic mental health needs. Self-care can no longer be an act of self-improvement; it must become time spent tuning into our most urgent needs.



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