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|  | **TITLE**  | **REGISTRATION LINK/DATE** | **QR CODE** | **Description** |
| JAN | **The Mind’s Journey: Understanding the Importance of Mental Health** | **1/10/24 @ 12pm** To Register [CLICK HERE](https://attendee.gotowebinar.com/register/168513786424418910) |  | Mental fitness is the cornerstone of a balanced and purposeful life. Mental health and wellness are interconnected with our physical health and can impact our ability to connect with others, communicate effectively, perform well at work and in life, and can influence our ability to make sense of the world around us. Join us as we kick off our 2024 THRIVE Webinar Series with an introduction to mental health and discuss the importance of positive mental health in work and in life. |
| FEB | **Beyond The Label: Dismantling Mental Health Stigma** | **2/14/24 @ 12pm** To Register [CLICK HERE](https://attendee.gotowebinar.com/register/8143871956032522581)  |  | Stigma refers to the negative beliefs, attitudes, and stereotypes associated with a particular topic, person, or characteristic and can often lead to discrimination or unfair treatment. Stigma surrounding mental health and mental illness can deter people from accessing the help they need. In a time where mental health concerns are on the rise, it is crucial to implement efforts to dismantle stigma. Join us for an interactive discussion on how to break the stigma surrounding mental health. |
| MAR | **Embracing The Dimensions of Wellness: Your Path to Vibrant Health** | **3/13/24 @ 12pm** To Register [CLICK HERE](https://attendee.gotowebinar.com/register/4084991796748592476) |  | Are you ready to embark on a journey towards wellbeing? Join us for an interactive discussion where you’ll learn about the eight dimensions of wellness and gain the tools, knowledge, and skills to cultivate wellness practices and work to achieve holistic health. |
| APR | **Thriving on the Job: Prioritizing Work/Life Balance** | **4/10/24 @ 12pm** To Register [CLICK HERE](https://attendee.gotowebinar.com/register/5879510221999988828) |  | In a world where the lines between work and personal life often blur, achieving a harmonious work/life balance is more important than ever. Join our dynamic webinar to discover the keys to achieving professional success without compromising your well-being. |
| MAY | **Calm in the Chaos: Improving Stress Management** | **5/15/24 @ 12pm** To Register [CLICK HERE](https://attendee.gotowebinar.com/register/4619374239057085274) |  | Stress has become an unavoidable part of our lives, affecting our physical and mental wellbeing. Join our THRIVE webinar to learn practical stress management skills to help you regain control over your stress and build resilience. |
| JUN | **Meditate and Elevate** | **6/12/14 @ 12pm** To Register [CLICK HERE](https://attendee.gotowebinar.com/register/8678467703596818524) |  | Engaging in mindfulness and meditation practices can help improve your overall health and wellbeing. Meditation can help sharpen your focus and enhance your ability to be fully present in the moment. Discover the benefits of mindfulness and meditation by attending our THRIVE Webinar. You will have the opportunity to engage in mindfulness and meditative practices during the webinar. |
| JUL | **Understanding Grief and Bereavement** | **7/17/24 @ 12pm** To Register [CLICK HERE](https://attendee.gotowebinar.com/register/8633371234183591007) |  | Grief is a personal journey, yet it is experienced universally by all individuals. Grief can often feel isolating and overwhelming. Join us for an informative webinar on grief and bereavement where we will discuss the five stages of grief and review coping strategies to help you navigate the complexities of grief and loss. |
| AUG | **Sleeping Soundly: Nurturing Better Sleep Habits** | **8/14/24 @ 12pm** To Register [CLICK HERE](https://attendee.gotowebinar.com/register/980508621095226208) |  | Do you find yourself tossing and turning, unable to get a good night’s rest? Do you feel that lack of sleep is starting to take a toll on your overall wellbeing? If so, we encourage you to join our THRIVE webinar to unlock your gateway to a well-rested and revitalized life by implementing practical strategies to transform your sleep habits. |
| SEP | **Shine a Light: Raising Suicide Awareness** | **9/18/24@ 12pm** To Register [CLICK HERE](https://attendee.gotowebinar.com/register/1129051542496206688) |  | September is National Suicide Prevention Month. It is a month dedicated to memorializing those who lost their lives to suicide, acknowledging people struggling with suicidal thoughts and ideation, as well as increasing understanding of the impact suicide can have on individuals, families, and communities alike. In this month’s THRIVE webinar, we will work to increase suicide awareness and identify prevention efforts to assist those who may be suffering in silence. Join us to shine a light on the path to hope, healing, and suicide prevention. |
| OCT | **Disconnect to Reconnect: The Power of a Digital Detox** | **10/16/24 @ 12pm** To Register [CLICK HERE](https://attendee.gotowebinar.com/register/3217949912433425502) |  | In our hyperconnected world, it's easy to feel overwhelmed by the constant bombardment of digital notifications and the urge to stay plugged in 24/7. This webinar is designed to help you break free from the digital whirlwind and reclaim your time. You will gain tools to help you create a healthier, more balanced relationship with technology. |
| NOV | **Wellness Wonderland: A Journey to Wellbeing During the Holidays** | **11/13/24 @ 12 pm** To Register [CLICK HERE](https://attendee.gotowebinar.com/register/4746917587879204698) |  | The holidays are a time of joy and celebration. However, they can also bring stress, overindulgence, and a sense of imbalance. Join us to rediscover the spirit of the holidays where wellbeing takes center stage. We will review strategies to help you maintain wellbeing and thrive this holiday season. |
| DEC | **Kindness Within: Understanding Self-Compassion** | **12/11/24 @ 12pm** To Register [CLICK HERE](https://attendee.gotowebinar.com/register/3400964722893979481) |  | Have you stopped to observe how critical you are of yourself? Often, our inner critic takes the stage and fills us with self-doubt, criticism, shame, and unrealistic expectations. Would you like to establish a nurturing and empowering relationship with yourself but aren’t sure where to start? If so, join us for this special THRIVE webinar to embark on a journey of self-compassion to help you quiet your inner critic and meet yourself with compassion, acceptance, and kindness. |

**Managing Your Money**