

HP Living Well at Home/ MMHG Wellness FREE Webinar

Active Listening

Wednesday, June 12th

1:00– 1:30 p.m.

Attend this FREE webinar from your computer, tablet, or smartphone!



Active listening is the process of hearing someone and being able to summarize what the person said. It includes listening with your ears in addition to your body. Moreover, it means really understanding and processing what another person has said. This session teaches participants how to maintain attention even with all the distractions that infiltrate conversations.

No need to register in advance. Join the virtual workshop by clicking on the “Join this Session” link for the webinar at the Harvard Pilgrim Living Well at Home with Virtual Classes Website on 6/12 at 1:00 PM

<https://www.harvardpilgrim.org/myoptions/living-well-at-home-with-virtual-wellness-classes/>

You will be able to access this webinar immediately if you have Zoom downloaded on your device. If you have not downloaded Zoom, this link will take you to Zoom’s home page to download this tool.

This webinar is free and open to all.

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