

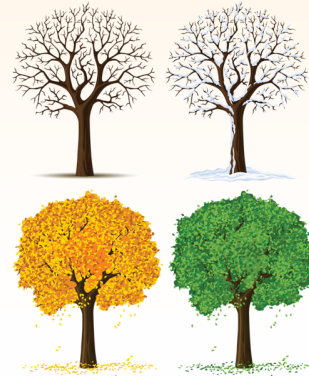
# HP Living Well at Home/ MMHG Wellness FREE Webinar

## **Life Purpose, Meaning, and Fulfillment: Re-Connecting to What Matters Most**

**Wednesday, June 26th**

**1:00– 1:30 p.m.**

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



What matters most to you? Do your actions reflect your values? Addressing these and other critical questions, this webinar is designed to help participants align their daily actions with their priorities. Three practical tools are used to increase self-awareness and set participants on the path to living a more meaningful life. A wake-up call for most, this webinar will help you feel more fulfilled and positive about the choices you are making moving forward.

**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 6/26 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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