

HP Living Well at Home/ MMHG Wellness FREE Webinar

# Living Simply



**Wednesday, April 17th**

**1:00– 1:30 p.m.**

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

This session examines how individuals create their own stress by being overstimulated while also having unrealistic expectations of themselves and others. It helps participants see the value in reconnecting with the simple life and how it can help manage the chaos of their lives.

**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 4/17 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.**

By opening this zoom meeting/link, you agree that this meeting is being sponsored by Harvard Pilgrim Health Care, Inc. and/or its Affiliates (“Harvard Pilgrim”), Harvard Pilgrim shall not at any time or to any extent whatsoever be liable, responsible or in any way accountable for any loss, injury, or damage to be suffered or sustained by any person at any time in connection with or as a result of this class. I hereby release Harvard Pilgrim, its affiliates, subsidiaries, divisions, directors and employees from any and all legal claims arising out of, in connection with or in any way related to my participation in this class.