

HP Living Well at Home/ MMHG Wellness FREE Webinar

## **Relaxed, Joyful Living: Curbing Stress and Burnout!**

**Wednesday, August 24th**

**1:00– 1:30 p.m.**

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



Do you want to feel lighter and more care-free? Join this webinar to learn powerful relaxation skills and thinking strategies that will calm the body and mind. Learn how to fend off the mental, emotional, and physical exhaustion we call “burnout.” Identify what you can change to restore your passion, purpose, power, and energy!

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 8/24/2022 at 1:00 PM

<https://www.harvardpilgrim.org/myoptions/coronavirus-your-guide-to-care/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 Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents.**

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