

HP Living Well at Home/ MMHG Wellness FREE Webinar

Peak Mind: Dr. Amishi Jha on Sharpening Attention and Boosting Mood

Wednesday, May 1st

1:00– 1:30 p.m.

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



When we're trying to focus on a task, get a job done, or fully engage with the people in our lives, distraction becomes more than a challenge—it can impact our mood, making everything feel a little bit harder...and a little bit less joyful. New York Times best-selling author Dr. Amishi Jha has spent decades studying how and why we get distracted and, perhaps most importantly, what we can do about it. In this interactive Q&A session, Dr. Jha will introduce simple practices anyone can do to sharpen attention and boost mood.

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 5/1 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.

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