



# Spring Wellness Webinar Series



**MON  
APR  
29**

## Eating the Mediterranean Diet on a Budget

Learn about the key characteristics of the Mediterranean Diet and health benefits. Also money saving tips while following the Mediterranean Diet

## Self-Care: A Guide to Healthy Self Nurturing

In this 1 hour webinar, attendees will learn about the Domains of Self-Care, creating a realistic self care plan and the importance of self care.



**TUES  
MAY  
7**

## Cultivating Mindfulness for Mental Wellness

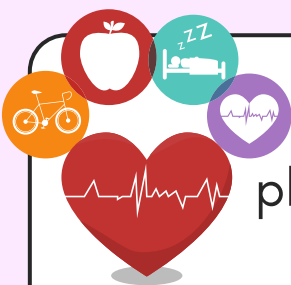
Discover the power of mindfulness for mental health. Learn practical techniques to reduce stress, enhance focus, and cultivate inner peace.



**TUES  
MAY  
21**

## Routine Reset

Realistic strategies to improve your physical and mental health. Topics include sleep, physical activity, alcohol, tobacco/cannabis and social media



**TUES  
MAY  
28**

## Sink into sleep

Poor sleep can negatively impact your physical and mental health. Join us in discussing facts about sleep, sleep hygiene and tips and tricks in improving your sleep quality.



**WED  
JUNE  
5**

All sessions are Virtual via Zoom, from 12pm-1pm.  
Please register in advance.

Webinars will be recorded and available on our website.  
Click the program names above to register or visit our **website**.