



TOTAL WELLNESS WORKSHOP SCHEDULE 2024-2025

Live 45-minute Virtual Workshops
to support your mental, physical, and emotional well-being

October PRESENCE	Tuesday 10.8.24 Mindfulness@Work Tuesday 10.22.24 Science of Emotions
November GRATITUDE	Tuesday 11.5.24 Attitude of Gratitude Tuesday 11.19.24 Compassion@Work
December CONNECT	Tuesday 12.3.24 Being Together: Non-Violent Communication for Healthy Relationships
January NOURISH	Tuesday 1.14.25 Food, Stress + Immunity Tuesday 1.28.25 Mindful Eating for Wholebeing
February BALANCE	Tuesday 2.11.25 Burnout to Balance Tuesday 2.25.25 Balance for Life
March MOVE	Tuesday 3.11.25 Yoga Nidra Tuesday 3.25.25 Yoga Play
April PRACTICE	Tuesday 4.8.25 Designing Tiny Habits Tuesday 4.22.25 Habits for Wholebeing
May GROW	Tuesday 5.20.25 Resiliency 101: How to Grow from Life's Challenges
June JOY	Tuesday 6.17.25 Beyond Being Happy: Introduction to Positive Psychology



[Click HERE to Register](#)

