

2025

MENTAL WELL-BEING WORKSHOPS



WOMEN'S HEALTH: EMBRACING AND CARING FOR YOUR WHOLE SELF

Learn what affects women's health, identify common mindset obstacles and take away practical tools for better self-care and support.

DATE: April 11, 2025

TIME: 1 - 2 p.m. CT



CURBING BURNOUT: YOUR GUIDE TO PREVENTION AND EARLY INTERVENTION

This workshop explores ways to prevent burnout by improving workplace communication, managing stress and setting boundaries between work and home. Learn strategies to protect your well-being and boost productivity.

DATE: Aug. 1, 2025

TIME: 1 - 2 p.m. CT



MANAGING MENTAL HEALTH DURING THE HOLIDAYS

Discover simple ways to make the holidays less stressful and more meaningful. This workshop shares research-backed strategies to set expectations, navigate conflict and find joy in the moments that matter.

DATE: Nov. 14, 2025

TIME: 1 - 2 p.m. CT