DISCOVER WELLNESS WHILE AT HOME

2020 WEBINAR SERIES

March 26
How High Do You Bounce?
Building Your Resilience

April 2
Caregiver Self-Care: Overcoming The Challenges Of Caregiving

April 9
Simplify Your Life By Clearing The Clutter

April 16
Who Gets Grandma's Pie Plate

April 23
Being Mindful During Difficult Times

April 30
Someday Is Today-Live Your Bucket List

Featuring six dynamic sessions presented by University of Illinois Family Life Extension Educators, "Discover Wellness At Home Series" will help you and your family thrive during difficult times and decisions.

All Sessions offered
2:00 PM-3:00 PM CDT
From Your Home
No Cost to Participate

Register two days prior to webinar
Register online and view extended session descriptions at go.illinois.edu/wellnessathome

For more information, contact Karla Belzer
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