

2024 Wellness Webinar Series



Wednesday
September 18
Noon - 1:00 p.m.

Resilience Redefined

Discover how to fortify your body's defenses and boost immune resilience by focusing on sleep, nutrition, and stress management. Learn practical strategies for a healthier, more resilient you. Don't miss this vital information to safeguard your well-being.

Presenter: Paige Kinucan, Program Manager Health & Wellness



[REGISTER HERE](https://phs-org-corp.zoom.us/webinar/register/WN_zacvK6U1SDaksaZ535U1PQ) for webinar series.

Or copy and paste this url to your browser: https://phs-org-corp.zoom.us/webinar/register/WN_zacvK6U1SDaksaZ535U1PQ

Earn points on Wellness at Work after watching the webinar or recording.



SCAN ME

Our wellness webinars provide guidance in enhancing your well-being and support your successful journey to better health.