

2023 Wellness Webinar Series



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

The language of our emotions

Did you know that being able to label, interpret and share your feelings with others helps to improve your **mental** and **emotional well-being**? As many as 87 different emotions have been identified. We will hone in on several that are universally experienced, yet often misunderstood.

Join us as we explore emotional literacy, from overwhelmed to perfectionism!



[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



SCAN ME

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