

# 2024 Wellness Webinar Series



**Wednesday  
February 21  
Noon - 1:00 p.m.**

## In our chaotic world, can you cultivate ease within?

Join us as we decode finding ease and grace within while navigating chaos. Discover practical strategies to cultivate resilience and empowerment in uncertain times. Embrace the chaos and let your excellence shine through!

*Presenter: Sarita Loehr, VP EAP & Wellness, The Solutions Group*

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Or copy and paste this url to your browser: [https://phs-org-corp.zoom.us/webinar/register/WN\\_zacvK6U1SDaksaZ535U1PQ](https://phs-org-corp.zoom.us/webinar/register/WN_zacvK6U1SDaksaZ535U1PQ)

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