



# 30 Minute Wellness Courses

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January 25, 2024

12pm

## **It's Not Just Words. Communicate For Connection**

WEBINAR ID: 830 6675 5655

PASSCODE: 542468

[HTTPS://US06WEB.ZOOM.US/WEBINAR/REGISTER/WN\\_TDO9AINQTEGYID-YVHR8MW](https://us06web.zoom.us/webinar/register/wn_tdo9ainqtegyid-yvhr8mw)

February 22, 2024

12pm

## **Navigating your Teen's Social Media Usage**

WEBINAR ID: 849 9530 5243

PASSCODE: 359159

[HTTPS://US06WEB.ZOOM.US/WEBINAR/REGISTER/WN\\_1MVKA4I5QNC3PJ0BAADMIG](https://us06web.zoom.us/webinar/register/wn_1mvka4i5qnc3pj0baadmig)

March 28, 2024

12pm

## **Live More Purposefully: Create Greater Meaning, Connection & Well-being.**

WEBINAR ID: 849 5191 3091

PASSCODE: 524242

[HTTPS://US06WEB.ZOOM.US/WEBINAR/REGISTER/WN\\_BZ\\_0WQYLQHEZWDAXX2A\\_GQ](https://us06web.zoom.us/webinar/register/wn_bz_0wqylqhezwdaxx2a_gq)

April 25, 2024

12pm

## **When and How to Say..... Heck NO!**

WEBINAR ID: 882 8441 8523

PASSCODE: 314734

[HTTPS://US06WEB.ZOOM.US/WEBINAR/REGISTER/WN\\_CQP1\\_CJXQMUAKLIZTENH5G](https://us06web.zoom.us/webinar/register/wn_cqp1_cjxqmuakliztenh5g)

May 23, 2024

12pm

## **Using Music To Enhance Your Mental Health and Wellbeing**

WEBINAR ID: 821 0530 8528

PASSCODE: 028252

[HTTPS://US06WEB.ZOOM.US/WEBINAR/REGISTER/WN\\_UPA6VTZBRLCW9FNAIVQTSG](https://us06web.zoom.us/webinar/register/wn_upa6vtzbrlcw9fnaivqtsg)

June 27, 2024

12pm

## **Talking to Your Teen About Drug and Alcohol Use**

WEBINAR ID: 868 3575 7124

PASSCODE: 116127

[HTTPS://US06WEB.ZOOM.US/WEBINAR/REGISTER/WN\\_HD5PK\\_36QIIRGQOHFBMXGQ](https://us06web.zoom.us/webinar/register/wn_hd5pk_36qiirgqohfbmxgq)

