



## Recharge your mental wellbeing



Join our live webinar on Wednesday, January 8, 2025 at 1:00 p.m. CT. Learn how improving your mental wellbeing can provide a stronger foundation for all you do. Scan the QR code to [register now](#).

In this webinar, you will:

- Learn what mental wellbeing is and why it matters.
- Adopt strategies that can help you improve your outlook.
- Practice simple techniques to boost overall positivity.

**Visit your member website for more information.**