



Changing your perceptions to positively impact your wellbeing



Join our live webinar May 8, 2024 at 1 p.m. CT to learn how to reframe your thinking in positive rather than self-limiting directions. Scan the QR code to [register now](#).

This webinar will:

- Define the concept of human perceptions.
- Examine how perceptions influence our emotions.
- Provide tips on how to change your perceptions in ways that improve your emotional wellbeing.

Visit your member website for more information.