



# Defending your wellbeing after trauma



Join our live webinar on Wednesday, December 11, 2024 at 1:00 p.m. CT to learn how to place your own wellbeing front and center after a traumatic event. Scan the QR code to register now.

In this webinar, you'll learn:

- How to define trauma.
- The value of adopting different coping strategies after a trauma.
- How to practice a technique for defending your wellbeing.

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