



## Mindful Mondays Health Education Webinar Series



Please join Kaiser for a series of classes designed to help you combat stress and gain resiliency while navigating these unprecedented times of COVID-19.

### Coping with COVID-19 and Beyond

Become informed and get resources for dealing with COVID-19 by learning tips to help you cope with uncertainty, address the stress response to life changes, gain control where you can, and build resilience.

### Intro to Mindful Meditation

Explore the union of mind and body as you learn meditation techniques in order to reduce stress and gain equilibrium.

### Transformational Thinking

Increase whole-body awareness and manage stress as you learn meditation and breathing techniques to expand your awareness and refine your mind.

### Register for Classes Below

#### Coping with COVID-19 and Beyond

Monday, May 4  
2 - 3 p.m.

Click [HERE](#) to register.

#### Intro to Mindful Meditation

Monday, May 11  
2 - 3 p.m.

Click [HERE](#) to register.

#### Transformational Thinking

Monday, May 18  
2 - 3 p.m.

Click [HERE](#) to register.

### Interested in More Webinar Topics?

MCG's LiveWell program offers an abundance of webinars on other topics. Please visit [LiveWell News](#) to register for upcoming webinars and review previously recorded webinars.