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

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coping with COVID-19 and Beyond</td>
<td>Monday, May 4</td>
<td>2 - 3 p.m.</td>
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<tr>
<td>Intro to Mindful Meditation</td>
<td>Monday, May 11</td>
<td>2 - 3 p.m.</td>
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<tr>
<td>Transformational Thinking</td>
<td>Monday, May 18</td>
<td>2 - 3 p.m.</td>
</tr>
</tbody>
</table>

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.