



Give yourself a healthy boost

Take a convenient online class

Managing Stress

Date: September 18, 2024 | Time: 12:00pm – 1:00pm

Join via computer or mobile device at:
<https://event.on24.com/wcc/r/4678260/E43473B8B4880C4FF79BB4F0C032564C>
Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Uncontrolled stress can impact health and job performance. In this workshop, participants will identify their sources of stress, its effects on the mind and body, and how constantly activating the "fight or flight" response can lead to burnout and...

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Taking Care of YourSELF

Date: October 23, 2024 | Time: 12:00pm – 1:00pm

Join via computer or mobile device at:
<https://event.on24.com/wcc/r/4678264/0A97F2BFF86DF209834F15635B5B288E>
Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Focus on four ways to improve SELF-care, and learn how daily practice of simple strategies supports improved health and wellbeing.

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Food and Mood

Date: November 20, 2024 | Time: 12:00pm – 1:00pm

Join via computer or mobile device at:
<https://event.on24.com/wcc/r/4678273/1930281BF26432774890F515B83E7420>
Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Learn to tune in to the body and mind and identify self-care practices to bring balance to eating and mood.

FCS C.A.R.E.S Wellness Wednesday 2024 - 2025 Calendar



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Healthy Celebrations

Date: December 18, 2024 | Time: 12:00pm – 1:00pm

Join via computer or mobile device at:
<https://event.on24.com/wcc/r/4678276/584965C74D0E5F69D0CEF39E2C414A2>
Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Explore ideas and resources to create healthy menus, maintain fitness, and address increased stress during holidays.



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Ready, Set, Goal: Creating Healthy Habits

Date: January 15, 2025 | Time: 12:00pm – 1:00pm

Join via computer or mobile device at:
<https://event.on24.com/wcc/r/4678286/F8634C02ADAD184507842B2532039758>
Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Changing an unhealthy habit to a healthy one can be challenging. In today's webinar you will choose a behavior you want to target and explore ways to strengthen your motivation to create habits that stick. You will be invited to create a realistic action plan, using your personal strengths to improve your overall well-being.



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Find Your Joy

Date: February 19, 2025 | Time: 12:00pm – 1:00pm

Join via computer or mobile device at:
<https://event.on24.com/wcc/r/4678295/4D5221569B115AA9E84D419B991BAEC1>
Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Discover how positive psychology and practical strategies can nurture your own happiness. You will learn concepts and evidence-based practices such as kindness, empathy, gratitude, and awe that foster social and emotional well-being. You will also be invited to create a realistic action plan to cultivate joy.

Register to get access to recordings. Webinar session 12pm - 1pm



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Cultivating Mindfulness

Date: March 19, 2025 | Time: 12:00pm – 1:00pm

Join via computer or mobile device at:
<https://event.on24.com/wcc/r/4678305/ABCA5D6BBE37755459101483A5E79978>
Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Practice mindfulness activities while exploring the definition of mindfulness, benefits of being in the present moment, and how to build awareness.



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Finding More Margin in Your Day

Date: April 16, 2025 | Time: 12:00pm – 1:00pm

Join via computer or mobile device at:
<https://event.on24.com/wcc/r/4678309/FE88A19276C0D4F6675D9016DC02676D>
Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Get tips to lessen time stress, create healthier boundaries, and build more self-care and downtime into their day.



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Sun Safety

Date: May 14, 2025 | Time: 12:00pm – 1:00pm

Join via computer or mobile device at:
<https://event.on24.com/wcc/r/4678314/0E851A9003E0C3150535760799B99793>
Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Learn about ultraviolet rays, preventing sun damage, the signs of heat-related illness, and ways to cool down.

For questions, contact: Office of District Health Services (470) 254-2171

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