

# Health Webinar

## Optimize Your Mental Well-Being



**How thoughts  
and feelings  
affect your health**

- **Power of positivity**
- **Make the  
mind-body  
connection**
- **Find social support**

**Date:**

**Time:**

**To register:** [https://virginpulse.zoom.us/webinar/register/WN\\_MjkrVeX\\_TrSKfuDnpt5w\\_Q](https://virginpulse.zoom.us/webinar/register/WN_MjkrVeX_TrSKfuDnpt5w_Q)



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