

# Wellbeing Webinars

Join our webinars to learn, grow and thrive through interactive learning sessions.

- **Being Present**

Wednesday 07/04/21 1215-1315

- **Hope and Optimism**

Wednesday 09/06/21 1215-1315



Please sign up for these sessions by clicking on the link below:

[suppoRTTyourwellbeing.com](https://suppoRTTyourwellbeing.com)

"Empowering you to grow, connect and thrive"

Dr. Amrita Sen Mukherjee

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