

# LIVE WELL

## Resiliency Webinars for Sailors and Families

**JUNE 2020**

**Webinars are on Eastern Time**

**"Adjusting Back to the New Normal"**

**June 4<sup>th</sup> 17:00 pm, EDT**

*The COVID-19 pandemic has rapidly changed how we live, work and learn. However, this class will discuss readjustment strategies with physical distancing and transitioning to routine activities.*

**"HHG Q&A with COVID-19"**

**June 10<sup>th</sup> 18:00 pm, EDT**

*Household moves have been affected by COVID-19. This webinar will answer your questions in order to plan when the shipment process begins again.*

**"Mental Health Tips When in Crisis"**

**June 23<sup>rd</sup> 17:00 pm, EDT**

*Learn effective ways to manage your emotional health during a crisis to maintain work & family life balance.*

**REGISTER TODAY!**

<https://learning.zeiders.refineddata.com/enrol/index.php?id=7367>

