Virtual Resources for September

**Work/Life Live Workshops**
- Virtual Yoga: Energize & Restore
- Positive Parenting Tips
- Transitioning from Summer to Fall: An Ayurvedic Approach
- Mindfully Caring for Elders
- Home Buying Seminar

**Employee Development Workshops**
- Building Personal Resilience: Self-Regulation
- Building Personal Resilience: Connection
- HLC Manager/Supervisor Series
- Workplace Conflict During a Pandemic
- Goal Setting: Helpful Tips for Managers
- Conversations that Take Courage

**Other Resources**
- Managing through the Coronavirus Resources
- Financial Wellness Support
- Fitness Resources
- Family and Caregiver Guides
- Remote Work Guidelines and Support
- Employee Assistance Program
- Pet and Positivity Photo Sharing Project