Virtual Resources for October

Work/Life Live Workshops

- Virtual Yoga: Energize & Restore
- Supporting Immunity with Nutrition
- How to Support Someone at Risk for Suicide
- Caregiving: When Life Happens to Those We Love
- Home Buying Seminar

Employee Development Workshops

- Fostering Trusting Relationships in Remote Teams
- Addressing Microaggressions at Work
- HLC Manager/Supervisor Series
- Understanding Unconscious Bias
- Live Life on Purpose
- Building Personal Resilience Series

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