



Wellness Workshop: Mental Toughness

June 2020

The Healthy@Harris team will be hosting wellness workshops and seminars each month. The topic for this month is Mental Toughness. In this workshop, you will learn how to grow your mental strength to overcome obstacles, reach your goals and build a more resilient you.

Please **click on the links below** to join each workshop via Webex. Event password: **Wellness**

Participants will earn 50 Premium Points* on www.mycigna.com.

*Please note that you can only receive credit for one Healthy Knowledge Seminar or Wellness Workshop per day.

	9-9:30am	10:30—11am
June 8	Click Here to Join Class	Click Here to Join Class
June 9	No Class	Click Here to Join Class
June 10	Click Here to Join Class	Click Here to Join Class
June 11	Click Here to Join Class	Click Here to Join Class
June 12	Click Here to Join Class	Click Here to Join Class
June 22	Click Here to Join Class	Click Here to Join Class
June 23	No Class	Click Here to Join Class
June 24	Click Here to Join Class	Click Here to Join Class
June 25	Click Here to Join Class	Click Here to Join Class