



## Take a convenient online class to improve your mood

Emotions affect how you see yourself, the world and how you deal with stress. Emotions can also affect you physically. In this webinar, you will learn strategies to help you tune into your emotions and identify self-care practices for managing your mood and stress in a positive way.

### Emotional Well-being

**Tuesday, April 23, 2024 | 11 AM to Noon Pacific Daylight Time**

**Join via computer or mobile device using the link below or QR code:**

<https://event.on24.com/wcc/r/4432072/35F68533EA08623D9DDC1105D77E47A1>

Registration is now available and will remain open through the end of the event.

