

Carebridge Webinar

Making Lifestyle Changes: Don't Let Setbacks Disrupt Your Goals



It takes commitment and skill to make life style changes such as exercising regularly, eating healthy, smoking cessation or living within your financial means. Mental resilience is a critical part of sticking to your goals even when setbacks occur. Learn how to recognize warning signs that a setback is occurring, have a plan in place to get you back on track, and use self-reflection as a preventive tool.

Date: Wednesday, June 9, 2021

Time: 12:00pm—1:00pm EST

Click to Register: https://carebridge.zoom.us/webinar/register/WN_LS8OES0jRf2D7mI5QQ6xlA

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