

DISCOVER WELLNESS WHILE AT HOME

2020 WEBINAR SERIES



March 26
**How High Do
You Bounce?
Building Your
Resilience**

April 16
**Who Gets
Grandma's Pie
Plate**

April 2
**Caregiver Self-Care:
Overcoming The
Challenges Of
Caregiving**

April 23
**Being Mindful
During Difficult
Times**

April 9
**Simplify Your
Life By
Clearing The
Clutter**

April 30
**Someday Is
Today-Live
Your Bucket
List**

Featuring six dynamic sessions presented by University of Illinois Family Life Extension Educators, "Discover Wellness At Home Series" will help you and your family thrive during difficult times and decisions.

**All Sessions offered
2:00 PM-3:00 PM
From Your Home
No Cost to Participate**

Register two days
prior to webinar

Register online and view extended
session descriptions at
go.illinois.edu/wellnessathome

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If you need a reasonable accommodation to attend, call the registration office.