



Join us for a complimentary

# Be Your Best Self webinar series

We will discuss pandemic issues impacting our lives and ways to create positive change

This program consists of six virtual webinars (one a month) with various subject matter experts in their field. Join our registered dietitians, licensed therapists and social workers to help you feel your best mentally and physically. You can attend all six or pick and choose the ones right for you!

## Living in a New Normal

October 26, 2021 | 6 – 7:30 p.m.



*Presented by:*

**Anna Nguyen, LMFT**

Licensed Marriage and Family Therapist

Identify different types of grief, understand how it ties in with other mental health concerns, learn ways to cope, and know when to ask for help.

## Thriving in the Midst of Chaos

November 30, 2021 | 6 – 7:30 p.m.



*Presented by:*

**Monica Ramirez, MSW, ACSW**

Social worker specializing in outpatient care

Don't suffer in silence. Come and learn how to thrive through realistic ways to manage anxiety and depression symptoms, and resources to support you moving forward.

## Healthy Eating = Healthy You

January 25, 2022 | 6 – 7:30 p.m.



*Presented by:*

**Susan Watkins, RDN, CDCES**

Registered dietitian and senior manager of the Center for Health Promotion and HMR Weight Program

Binge and stress eating have become normal habits during the pandemic. Learn specific steps to control your eating habits and weight while still enjoying food!

## Calm Your Mind and the Rest Will Follow February 22, 2022 | 6 – 7:30 p.m.



*Presented by:*

**Kimson Johnston, MA, LMFT**

Licensed therapist specializing in stress reduction programs

Learn how the benefits of mindfulness and self-care can help you improve your life. Stress management techniques can help you manage your weight, reduce health risks and lead a better quality of life!

## Delicious, Healthy Food on a Budget March 29, 2022 | 6 – 7:30 p.m.



*Presented by:*

**Monique Garcia, RDN, CDCES**

Registered dietitian and diabetes specialist

Review how to eat balanced and healthy on a budget. Will review meal ideas and cost saving tips to get you started.

## When Too Much is Not Enough April 26, 2022 | 6 – 7:30 p.m.



*Presented by:*

**Anna Nguyen, LMFT**

Licensed Marriage and Family Therapist

Learn how to identify the underlying patterns of addiction that lead to avoidance and maladaptive coping skills. Understand different types of addictions, the role they play in our lives, and when to seek help.

Register today at [providence.org/post-covidgriefseries](https://providence.org/post-covidgriefseries)