Join Extension professionals in a 4-week webinar series

LIFE IN A PANDEMIC: FINDING BALANCE BETWEEN PERSONAL AND PROFESSIONAL LIVES

October 28th:
The Significant Seven: Balancing Your Work and Personal Lives during a Pandemic; Janet Fox, Louisiana State University

November 4th:
Parenting in Pandemic Times; Barbara Dunn Swanson & MacKenzie Johnson, Iowa State University

November 11th:
Help for the Helpers: Accepting Support and Adjusting Expectations; Lisa Washburn, University of Tennessee

November 18th:
Mindfully Maintaining Your Emotional Health; Kendra Lewis, University of New Hampshire

All sessions will be held at 10AM Pacific, 11AM Mountain, 12PM Central and 1PM Eastern time

To register, go to:
https://tinyurl.com/2020worklife