

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>