

## **“Healthy Habits for Energy and Focus” Webinar**

Feeling drained, stressed, or stuck in a routine that doesn't support your goals? This webinar teaches practical strategies to boost your energy, sharpen your focus, and create daily habits that last. Topics covered during this webinar include the following: exercise, healthy eating, stress management, sleep, and even your workspace setup. Resources discussed during the webinar will be provided to participants after the webinar. Webinar duration is one hour.