

Wellness Series:



In this series, you will learn about:

1. **Problem Solving:** Clearly define problems, explore solutions, and build confidence in your decision-making.
2. **Positive Activities:** Stay connected to your values and others and improve your physical and emotional health.
3. **Managing Reactions:** Protect your well-being and respond to stress in healthy ways.
4. **Helpful Thinking:** Build confidence, reduce stress, and improve your mood.
5. **Healthy Connections:** Foster a sense of belonging, reduce isolation, and strengthen resilience.

This series is offered online and hosted by Central Zone. Register online or call 1-877-314-6997.

Topic	Date	Time	How to Register
Problem Solving	Thursday, September 11	1:00 p.m. – 2:30 p.m.	Register online
Positive Activities	Thursday, September 18	1:00 p.m. – 2:30 p.m.	Register online
Managing Reactions	Thursday, September 25	1:00 p.m. – 2:30 p.m.	Register online
Helpful Thinking	Thursday, October 2	1:00 p.m. – 2:30 p.m.	Register online
Healthy Connections	Thursday, October 9	1:00 p.m. – 2:30 p.m.	Register online

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



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