



Free presentation Monday June 15th 1:30 - 2:15 PM

Most of us, if not all, are out of our comfort zone given the changes brought on by the Coronavirus pandemic and other recent events. To help employees navigate this stressful, challenging time, our latest webinar focuses on resilience.

Our webinar, “How to help yourself and others become more resilient in 2020,” covers habits for building resilience skills, including:

- Connecting with others
- Practicing gratitude
- Being mindful

Learn more in our free webinar and with our handout, “6 habits for building resilience.”

Join Lisa Zeigel and Pedro Mandujano from The Fitness Center **Monday June 15th 1:30 PM - 2:15 PM**. Please RSVP at fitnesscenter@getty.edu to receive access info