

## Webinar Schedule

Choose from two series to fit your schedule:

### **Series 1:**

**Mondays from  
1:00-2:30 pm EST  
May 2, 9, 16, 23**

### **Series 2:**

**Wednesdays from  
7:00-8:30 pm EST  
May 4, 11, 18, 25**

## Register

### Limited Time! Early Bird Pricing

If registered by April 8,  
\$105

Pricing with flier mentioned:  
\$110

Standard registration (by April 18) is  
\$125

Online payment  
through PayPal  
or send check by  
emailing [leslie@passageinsights.com](mailto:leslie@passageinsights.com)

Go to **PayPal**  
Enter: Passage Insights  
to pay.

Payment options upon request.

Questions?  
email:  
[leslie@passageinsights.com](mailto:leslie@passageinsights.com)



## Upcoming events

### *Creating Wellness for Yourself, as You Care for Others*

Passage Insights joins MC Wellness Coaching  
to present this four-week webinar series  
focusing on YOU, the Caregiver.

- Do you ever feel invisible?
- Are you exhausted and/or overwhelmed?
- Do you feel alone?
- Are you losing sleep?
- Do you feel guilty about taking time for yourself?
- Do you need ways to reduce your stress?
- Do your need a support system?

**If you answered yes to one or more of these questions, this webinar series is for you!**

In this series, we will cover:

- Demonstrating the concepts of *The Wellness Inventory*, a multi-dimensional well-being program that helps participants understand the interconnection of personal well-being.
- Sharing the concept of self-care and exploring what it involves.
- Learning about S.M.A.R.T. Goals and learning how to implement them into a program of self-care.
- Explaining dimensions of The Wellness Inventory in-depth with activities to integrate for future self-care planning.

Each class will open and end with questions and discussion.

By the end of the program participants will have created S.M.A.R.T. goals and be able to integrate plans for future self-care.

### To learn more about the presenters:

**Marty Cornett, RN, NBC-HWC:** [mcwellnesscoaching.com](http://mcwellnesscoaching.com)

**Leslie Meyer-Miller, MSSA, NBC-HWC:**  
[passageinsights.com](http://passageinsights.com)