

# Homewood Health invites you...

## **FREE Webinar:** COVID-19: The Second Wave and Your Mental Health



Presented by Sandy Kriegish, this one hour webinar will help employees increase their understanding of the effects of prolonged periods of stress and recognize personal and workplace risk factors. It will also provide self-care and resiliency strategies to mitigate the negative impacts of chronic stress both personally and professionally.

**Please join us for this special event.**



**Host: Sandy Kriegish**

### **Session 1:**



**Date: Tuesday, Oct. 27<sup>th</sup>, 2020**

**Time: 7:00 - 8:00pm (EST)**

**Register at: [HomewoodHealth.com/covidweb](https://HomewoodHealth.com/covidweb)**

### **Session 2:**



**Date: Tuesday, Oct. 27<sup>th</sup>, 2020**

**Time: 7:00 - 8:00pm (PST)**

**Register at: [HomewoodHealth.com/covidweb2](https://HomewoodHealth.com/covidweb2)**



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