



Emotional Well-Being Webinar Series

Brought to all employees by the AEAP in partnership with Kaiser Permanente
at **no cost** to you!



**Kick off your week by turning Mondays into Mind-days,
dedicated to Mindful Self-Care**

Stress & Emotional Eating

Date: Monday, February 8th, 2021
Time: 12:00pm - 1:00pm
Click [here](#) to register

Coping with COVID-19 and Beyond

Date: Monday, February 22nd, 2021
Time: 12:15pm - 1:15pm
Click [here](#) to register

Getting Healthy Sleep

Date: Monday, March 8th, 2021
Time: 12:00pm - 1:00pm
Click [here](#) to register

Stress Management

Date: Monday, March 22nd, 2021
Time: 12:15pm - 1:15pm
Click [here](#) to register

Women & Depression

Date: Monday, April 12th, 2021
Time: 12:15 pm - 1:15 pm
Click [here](#) to register

AEAP Webinars Are Open to ACG & APS employees, retirees, and their family members.