

# Ulliance

Enhancing People. Improving Business.

Life Advisor Well-being  
WEBINAR SERIES



## Resiliency During Times of Change

**LIVE**   
webinar

*Wednesday, April 15, 2020 @ 1:30 - 2:15 PM EDT  
and @ 7:00 - 7:45 PM EDT*

When all routine has been disrupted, it can be hard to stay in good spirits, but there has never been a more important time to get happy than now. Research shows happy people are less likely to become ill, so try focusing on boosting your mood when you can.

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**776-885-980** for 1:30 pm  
**782-476-620** for 7:00 pm

### KEY TAKE-AWAYS:

- How are a healthy immune system and your mood connected.
- Knowing what to do with unwanted, disruptive emotions.
- Why it's important to have a sense of meaning and purpose in your life.
- How smiling and laughing not only feel good but are proven to generate health.
- Getting back to nature for the hidden health benefits.
- Tackling stress with proper management and reduction.