

# Join Us for this Month's Presentations

## Webinars



### January Webinar:

- ▶ Energy Management
- ▶ Use the QR code to sign up for an email alert when the webinar is available



## Support Sessions



### Jumpstart Your Health and Wellbeing in 2024

- ▶ Tuesday, January 9
- ▶ 1 p.m. EST
- ▶ Session password: Z5m2MpgADv5



## Podcasts



### OnTopic with Empathia

- ▶ Mental Health Around the World
  - Episode 16: Part 1
  - Episode 17: Part 2



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