

FREE WEBINARS

Lakeland University will be hosting a [series of FREE webinars](#) in the coming weeks.

Don't miss out - [register today!](#)

- **Thursday, April 16** - Stayin' Alive! How to minimize your exposure to coronavirus by planning menus and shopping once a month
- **Tuesday, April 21** - The Mindful Leader: Overcoming anxiety and building resilience
- **Tuesday, April 28** - Realizing Potential through Personal Intervention

All webinars are at 12 p.m. CST and more topics coming soon! Webinars are free, but [registration is required](#).

If you have any questions, or would like additional information - please do not hesitate to contact me at LeibhamK@lakeland.edu!

I hope you will join us!

Kym Leibham
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