

Strategies for Maintaining Positive Social Connections



**Wednesday, February 7, 2024
12:00 noon – 12:30 p.m.**

The February WellNYS Everyday Monthly Challenge is to connect and socialize with others. We will share the benefits of social connection and how to have optimal relationships with the people in your life. You will learn how to maintain positive social connections, recognize disharmony, and make the necessary repairs with coworkers, friends, and family relationships.

This webinar will be recorded and uploaded to the WellNYS Everyday website.

Presented By:

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Linda Carignan-Everts, WLS Wellness Coordinator

To register for this webinar, Go to:

<https://meetny.webex.com/weblink/register/rf1b8152149ed11b4dec215a31b403ede>

