



## **The Wellbeing Elixir**

### *Monthly Zoom Meetings Topics and Schedule*

**Included in the registration to this Magna Online Course are monthly synchronous group sessions via Zoom to where you can interact, ask questions, and share your experiences with other educators and the course creators.**

***The Wellbeing Elixir* offers a rolling year of these monthly group sessions so if you register after a Zoom date has already taken place, you will still be guaranteed a full 12 Zoom sessions.**

**Check out the schedule below!**

<b>Topic</b>	<b>Date</b>	<b>Time</b>
Social Wellbeing	Friday, December 16, 2022	12:00 PM Central
Financial Wellbeing	Friday, January 27, 2023	12:00 PM Central
Meaning and Purpose	Friday, February 24, 2023	12:00 PM Central
Digital Diet	Friday, March 24, 2023	12:00 PM Central
Character Strengths	Friday, April 28, 2023	12:00 PM Central
Power of Play	Friday, May 26, 2023	12:00 PM Central
Emotional Intelligence	Friday, June 23, 2023	12:00 PM Central
Vulnerability	Friday, July 28, 2023	12:00 PM Central
Goal Setting	Friday, August 25, 2023	12:00 PM Central
Self-Compassion	Friday, September 29, 2023	12:00 PM Central
Joy at Work	Friday, October 27, 2023	12:00 PM Central
Life Domains	Friday, November 17, 2023	12:00 PM Central