



The Wellbeing Elixir

Monthly Zoom Topics and Schedule

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

Check out the upcoming sessions!

Topic	Date	Time
Vulnerability	Friday, July 28, 2023	12:00-1:00 PM Central
Goal Setting	Friday, August 25, 2023	12:00-1:00 PM Central
Self-Compassion	Friday, September 29, 2023	12:00-1:00 PM Central
Joy at Work	Friday, October 27, 2023	12:00-1:00 PM Central
Life Domains	Friday, November 17, 2023	12:00-1:00 PM Central
Social Wellbeing	Friday, December 15, 2023	12:00-1:00 PM Central
Financial Wellbeing	Friday, January 26, 2024	12:00-1:00 PM Central