LIVING WELL WEDNESDAY IS A VIRTUAL LEARNING SERIES HOSTED BY FAMILY AND CONSUMER SCIENCE (FCS) PROFESSIONALS WITHIN K-STATE RESEARCH AND EXTENSION.

Contact us at livingwell@ksu.edu for questions or visit our website: https://bit.ly/KSRELivingWellWebinars

STRESS LESS:

Celebrate Self-Care Through the Holidays!

Do the holidays stress you out? Join us to learn how stress affects your body and identify what your specific stressors are. Learn how to develop your personal self-care action plan that will help you get through the holiday madness.

NOV. 17TH @ 12:15P-1P
(VIA ZOOM)

Connect and Communicate Through the Holidays!

Family dynamics can be difficult, particularly during the holiday season. Join us for a deep dive into communicating effectively with family members to reduce stress, create an inclusive environment and make the most of the holiday season.

DEC. 8TH @12: 15P-1P
(VIA ZOOM)

Use the QR code or link to register for the webinars.